

* **CLEAN MEALS IN A FLASH! PREP SHORTCUTS**

oxy **gen**

TRAIN SMART. EAT RIGHT. BE STRONG.

NEW YEAR, NEW BODY

HIIT THE SWEET SPOT!

**FAT BURNER,
MUSCLE
BUILDER**

5

**BEST TIPS
EVER!**

EXPERTS WEIGH IN

- * Endurance
- * Strength
- * Motivation

LEANER & STRONGER QUICK POWER WORKOUT

New technique to
**BUILD LEAN
MUSCLE**

SPECIAL SECTION

ULTIMATE 90-DAY
CHALLENGE WINNER
FABIANA FERRARINI

hello ABS!

← "How I lost fat and
gained a six-pack!"

plus: Inspiring stories
of runners-up
pg. 50

METABOLIC BOOSTER

Surprise your muscles
... start today

JANUARY 2016

US \$5.99



0 74820 08823 4

Please display until 1/19/16

oxygenmag.com



The Most Advanced Weight Loss Aid Ever Developed. Burns Fat for 6+ Hours!†

Ionamin is a true "feel good" product, whose stimulant effects are rapid, yet exceptionally smooth and clean. While Ionamin is unlike anything you have tried before, it is clinically proven to be more effective than Ephedrine, the previous industry Gold Standard of OTC weight loss. Ionamin will help you lose weight and feel great too!



CLINICALLY PROVEN WEIGHT LOSS!†

IONAMIN®

The powerful Ionamin® weight loss aid has been clinically proven in a landmark randomized, double-blind, placebo controlled study to provide effective increases in metabolism. The study had a 300mg caffeine group, which is more than 99% of all diet pills on the market that contain caffeine. Below you can see the results of an eight (8) week groundbreaking double-blind, placebo controlled study on Ionamin®!

Ionamin® users lost 208% more weight and 385% more fat than placebo and 167% more weight than the caffeine group and was shown to burn fat for 6+ hours!†

Ionamin® users saw an incredible 16.6% increase in resting energy expenditure (Metabolism) over the first 3 hours with an increase of over 14.5% in energy uptake over the entire 6 hours!†

Ionamin® was shown to elevate metabolism over 22% in 45 minutes & when compared against placebo at 3 hrs post ingestion, Ionamin® was 66% stronger than 30mg Ephedrine and 152% stronger than 10mg Ephedrine - and 871% stronger than the placebo at its highest point.†

Ionamin® is quickly becoming one of the top selling diet aids in the country for one reason... it works!

Ionamin® is based upon Proprietary, Clinically-Studied, Phenylethylamine Alkaloids derived called [Thermo-Rx®]. The findings from Hi-Tech's randomized, double-blind, placebo controlled study showed convincingly that Ionamin® - standardized to Phenylethylamine alkaloids - promotes significant increases in Resting Energy Expenditure [Metabolism] (16.6%+) still evident 3 hrs post ingestion. The clinical study on Ionamin® showed an astounding increase in resting metabolic rate that was superior to the findings of previous studies which reported that 10 to 30mg Ephedrine - once believed to be the Gold Standard of Weight Loss compounds - increased energy expenditure by 6.6% to 10% [Versus 16.6%+ Ionamin®], which is 66% stronger than 30mg Ephedrine and 152% stronger than 10mg Ephedrine.

AVAILABLE AT:



MCKESSON

GNC
LIVE WELL



SHOPKO®
meijer

ingles
HARMON
DISCOUNT HEALTH & BEAUTY

†These statements have not been evaluated by the food and drug administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Warning: not for use by individuals under the age of 18 years. Do not use if you are pregnant or nursing. This product can raise blood pressure and interfere with other drugs you may be taking. Talk to your doctor about this product.

WWW.HITECHPHARMA.COM • FOR MORE INFORMATION, PLEASE CALL 1-888-855-7919



AMINOCUTS

ENERGY, AMINOS & DIET!



AminoCuts could be the most delicious drink mix we've ever made. Perfect to enjoy anytime; easy-to-mix, full of Aminos and loaded with diet-friendly ingredients like natural-source Caffeine (125 mg), Taurine, C.L.A. and Green Coffee extract – AminoCuts is ideal anytime you need an energy boost!

USAGE CHART: Choose Your Time!

	Scoops	Pre-Cardio, Training or Physical Activity
Morning ★	1 to 2	AM Boost, Morning Cardio, or
Mid-Day ★	1	Mid-Day Boost or Training, or
Late-Day ★	1 to 2	Pre-Cardio or Exercise Class

Available in 2 mouth-watering flavors!



Piña Colada



Goji Berry Martini

Quick & Delicious! On your way to do some Cardio? Need a mid-afternoon "pick-me-up"? AminoCuts fits your life and your diet.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

ALLMAX®
PROFESSIONAL GRADE SUPPLEMENTS

www.AMINOCUTS.com



/ALLMAXNutrition



@allmax



/teamallmax

NEW!



#energy2burn

Available at



2016

january



58 « Try these kitchen hacks.

Ultimate 90-Day Challenge special section!

42

Fabulous Fabi

Meet our Ultimate 90-Day Challenge winner! Fabiana Ferrarini, a stay-at-home mother of two, came out on top. Check out her fun photo shoot!

50

Honorable mentions

More than one contestant in our Ultimate 90-Day Challenge had an amazing transformation. These inspiring runners-up share their struggles and triumphs.

your training

21

one-on-one

Let *Oxygen* be your personal trainer.

22

fitness news

The latest scoop.

64

metabolic burn!

Ready to try something new? Do a landmine workout and be prepared to feel your muscles beg for mercy.

70

better results today

Incorporate ladder training into your routine to take your training up a notch.

80

let's split!

Shake up a stale old workout routine with one of these new training splits.

your health

30

health news

News you can use.

32

mind & body news

Are social saboteurs making it hard to stick to your healthy eating habits? We've got solutions.

74

make your fitness even better!

Research on female training and nutrition is front and center at The Women's Fitness Summit. We've got the scoop.



in every issue

13

advisory board

14

in the moment

16

editor's letter

40

fit gear

Want something new? Do a landmine workout.

64



on the cover

metabolic booster: surprise your muscles P. 23
hello abs! Our 90-Day Challenge winner P. 42
clean meals in a flash! Prep shortcuts P. 58
HIIT the sweet spot! Fat burner, muscle builder P. 64
leaner and stronger: quick power workout P. 70
five experts weigh in P. 74
new technique to build lean muscle P. 80

Cover photo by Cory Sorensen Hair and makeup by Nancy J Fitness clothing by Elisabetta Rogiani

Eat green to get lean!

» **34**



BE *Fit & Lean*

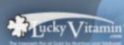
Enjoy rich and creamy Fit & Lean Protein Pudding and delicious soft baked Fit & Lean Protein Brownies. Each of these tasty treats provides 15 grams of high quality protein you need for a fit and leady body in a convenient low calorie snack.

HIGH PROTEIN PUDDING & BROWNIES

15g PROTEIN • AMAZING TASTE



PROTEIN NEVER TASTED SO GOOD



1.888.783.8844
MHPStrong.com



Join Team MHP!

facebook.com/FitandLeanProtein
twitter: @MHPStrong
instagram: mhpstrong
pinterest: fitleanprotein



2016

january



Make your protein shake a cranberry treat.

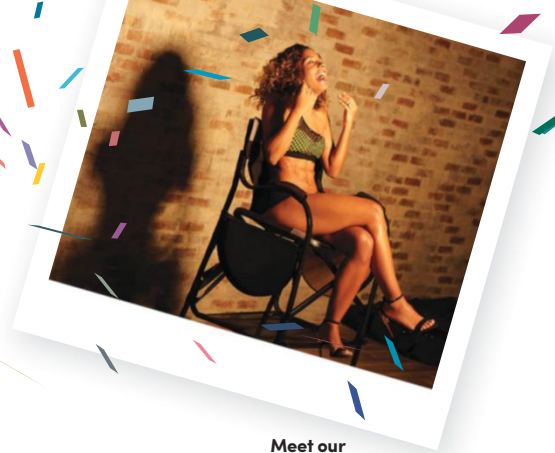
36

let's share!

- 10 oxygenmag.com
- 18 feedback
- 19 contributors
- 98 #oxygenexhale

Great gear to give or get

40



Meet our cover contest winner!

42

nutrition & fat loss

26

nutrition news

We feed your need to know what to eat.

34

fat loss news

The latest research on getting lean.

36

shake up your day

This wintertime pick-me-up will cool you off after a hot workout.

38

smart snacking

Nutritional powerhouses kale and quinoa make a healthy, flavorful salad.

58

hack your kitchen

Make physique-friendly meals at home with these simple prep tips and easy recipes.

supplements

94

supplement review

A look at some of the latest products.

oxyvoices

86

in the spotlight

Nationally recognized trainer and author Jenna Wolfe shares her secrets for change.

88

mom up!

Good news about exercise and motherhood.

89

how she fuels

Danielle Merrell doesn't let chronic pain stop her from pursuing her dreams.

90

success story

ER nurse Rachel Sachtleben knew her obesity was unhealthy and took simple steps to turn it around.

91

success story

Stacey Beers loves feeling strong and setting a better example for her family.

92

future of fitness

We hear from the rising stars in fitness.





DymatizeTM

NEW LOOK SOON. SAME GREAT PRODUCTS NOW.

FOR MORE INFO ABOUT THE NEW LOOK AND NEW SWAG GO TO:

GETDYMATIZED.COM

on the web

oxygenmag.com

Hey,
Oxygen readers:
Post, pin, tag
and tweet us.
We want to
connect with
you online!



Now on **oxygenmag.com**
Go to our website for up-to-the-minute news on health and fitness, plus we post new workouts, moves and recipes every day! Here's a small taste of what we have in cyberspace in January.

Do you have what it takes?
Are you the Future of Fitness?
Drop us a line at futureoffitness@oxygenmag.com and you could see yourself in the pages of Oxygen.

Cover girl confidential: Fabiana Ferrarini

Meet the winner of Oxygen's first Ultimate 90-Day Challenge! Go behind the scenes of our photo shoot with our cover girl Fabiana Ferrarini as she talks about winning the Challenge, training her booty and, of course, how she got those fab abs!

trending online

→ **On Facebook:** What are your New Year's resolutions? On December 15, tell us your fitness goals for 2016! Follow us on Facebook and share using the hashtag [#oxyresolutions](https://www.facebook.com/hashtag/oxyresolutions).

→ **On Instagram:** What are you most thankful for this holiday season? Snap a photo and share it with us on Instagram using the hashtag [#ThanksOxygen](https://www.instagram.com/hashtag/ThanksOxygen) and we'll regram our favorites on [instagram.com/oxygenmagazine](https://www.instagram.com/oxygenmagazine).

#OxygenExhale

What is your fitness inspiration? Whether it's your favorite workout, an outdoor run or your yoga mat, we want to see what inspires you. Share it with us on Instagram or Tweet us using the hashtag [#oxygenexhale](https://www.instagram.com/hashtag/oxygenexhale) and your photo could be featured in Oxygen!

keep in touch

Tell us what you like about this issue and let us know what we can do better. Tag us in your posts @oxygenmag and you could be featured here!



→ FOLLOW US ON TWITTER @oxygenmagazine → JOIN US ON FACEBOOK [facebook.com/oxygenmag](https://www.facebook.com/oxygenmag)
→ HASHTAG US ON INSTAGRAM #oxygenmagazine → VISIT US ONLINE [oxygenmag.com](https://www.oxygenmag.com) or [youtube.com/oxygenmagazine](https://www.youtube.com/oxygenmagazine)
→ VISIT US ON PINTEREST /oxygenmag → EMAIL US editorial@oxygenmag.com

PHOTO BY CORY SORENSEN

Get everybody talking!



Erin Stern
#teamErin



Hours of Clean Energy*
Appetite Suppression*
One Capsule Serving*



Available at:



These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

VERSA[®] GRIPPS[™]

TRAIN BETTER[™]

PROUDLY
MADE IN
THE USA



Patented Self-Supporting Grip Assist Proven
to eliminate grip fatigue & protect hands.
For Pulling & Pushing exercises ALL IN ONE

PULLING MOTION



#1 Most
ADVANCED
TRAINING
ACCESSORY



Katelyn Bray
Fitness Model

Free US Shipping
Online Coupon
OX15SHIPUS

THE BEST GRIP IN THE WORLD
VERSAGRIPPS.com



oxygen

JANUARY 2016 • ISSUE 195

GROUP PUBLISHER
Cheryl Angelheart

GROUP BRAND DIRECTOR
Alexander Norouzi

EDITOR-IN-CHIEF Diane Hart

EDITORIAL

MANAGING EDITOR Maura Weber

FITNESS EDITOR Lara McGlashan

COPY CHIEF Jeannine Santiago

WEB EDITOR Maureen Farrar

SPECIAL PROJECTS EDITOR Vicki Baker

To make fitness
my priority again
and return to a
consistent training
and nutrition
plan.

ART

ART DIRECTOR Claudia Monje

ART DIRECTOR Tara Thompson

PRODUCTION

PRODUCTION MANAGER Patrick Sternkopf

VIDEO AND PHOTO EDITOR Josh Brumfield

SALES & MARKETING

GROUP ADVERTISING DIRECTOR Donna Diamond Riekenberg

ADVERTISING ACCOUNT MANAGER Laura (Flores) Thorne

ADVERTISING ACCOUNT MANAGER Julie Stone

ADVERTISING ACCOUNT MANAGER BJ Ghiglione

MARKETING MANAGER Lauren O'Brien

A/R MANAGER Alice C. Negrete

To keep
doing what
I'm doing.

CONTRIBUTORS

Michael Berg, Erin Calderone, Ronnda Hamilton,

Nancy Jambazian, Matthew Kadey, Jerry Kindela, Peter Lueders,

Linda Melone, Myatt Murphy, Robert Reiff, Tosca Reno,

Elisabetta Rogiani, Jessie R. Shafer, Cory Sorensen,

Michelle Basta Speers, Steven Stiefel, Sarah Tuff Dunn, Joe Wuebben



ACTIVE INTEREST MEDIA

Efrem Zimbalist III **EXECUTIVE CHAIRMAN**

Andrew W. Clurman **PRESIDENT & CEO**

Brian J. Sellstrom **EXECUTIVE VICE PRESIDENT & CFO**

Patricia B. Fox **EXECUTIVE VICE PRESIDENT OF OPERATIONS**

Kim Paulsen **VICE PRESIDENT GENERAL MANAGER**

Nelson Saenz **VICE PRESIDENT OF IT**

Kristy Kaus **VICE PRESIDENT OF RESEARCH**

Oxygen is printed monthly in the U.S.A. © 2016 by Cruz Bay Publishing, Inc. All rights reserved. Reproduction in whole or in part without permission is strictly prohibited. The information in Oxygen is for educational purposes only. It's not intended to replace the advice or attention of health care professionals. Consult your physician before making changes in your diet, supplement and/or exercise program. OXYGEN, 24900 Anza Dr., Unit E, Santa Clarita, CA 91355. Toll Free: (800) 951-2259

Oxygen (ISSN 1095-7073) is published twelve times per year (2016 Cover Dates: #195 Jan, #196 Feb, #197 Mar, #198 Apr, #199 May, #200 Jun, #201 Jul, #202 Aug, #203 Sep, #204 Oct, #205 Nov, #206 Dec) by Cruz Bay Publishing, Inc., an Active Interest Media company. Advertising and editorial offices at 24900 Anza Drive, Unit E, Santa Clarita, California 91355. The known office of publication is 5720 Flatiron Pkwy, Boulder CO 80301. Periodicals postage paid at Boulder, CO and at additional mailing offices. POSTMASTER: Send address changes to Oxygen, P.O. Box 420235, Palm Coast, FL 32142-0235. Subscription rates in the United States are one year \$24.97. Canada: \$39.97. Foreign: \$54.97 (US funds only). The publisher and editors will not be responsible for unsolicited material. Manuscripts and photographs must be accompanied by a stamped, self-addressed return envelope. Vol. 19, No. 1. Printed in the United States by RR Donnelley, Strasburg, VA. Copyright © 2016 by Cruz Bay Publishing, Inc. All rights reserved. This publication may not be reproduced, either in whole or part, in any form without written permission from the publisher.

advisory board

EXERCISE PHYSIOLOGY

» Cedric X. Bryant, Ph.D., FACSM

Chief science officer, American Council on Exercise

» Tom Holland, MS, CSCS

Exercise physiologist certified by ACSM, NASM and ACE, author of *Beat the Gym* (HarperCollins, 2011) and an elite endurance athlete

» Len Kravitz, Ph.D.

Exercise physiologist and coordinator of exercise science at the University of New Mexico

FITNESS & TRAINING

» Mindy Mylrea, FitFlix Productions

Fitness consultant, international presenter and author

» Sara Kooperman, CEO SCW

Fitness Education and Les Mills Midwest and a lecturer for the American Council of Sports Medicine and National Academy for Sports Medicine

» Jim White, RD

National spokesman for the Academy of Nutrition and Dietetics, ACSM Health and Fitness specialist, and owner of Jim White Fitness & Nutrition Studios

» Cathy Savage, Cathy Savage Fitness

Competitive Figure and Fitness coach and choreographer

NUTRITION

» Susan M. Kleiner, Ph.D., RD, FACN, CNS, FISSN

Sports nutritionist, president of High Performance Nutrition and author of *Power Eating* (Human Kinetics, 2013)

» Heidi Mochari-Greenberger, MPH, RD

Director of nutrition, Columbia Center for Heart Disease Prevention, New York Presbyterian Hospital

» Tosca Reno, BSc, BEd, NTP

Motivational speaker and presenter and author of *The Eat-Clean Diet* series (Robert Kennedy Publishing, 2007) and

The Start Here Diet (Ballantine Books, 2013)

» Monique Ryan, MS, RDN

Chicago-based sports nutritionist and author of *Sports Nutrition for Endurance Athletes* (VeloPress, 2012)

MIND/BODY & NATUROPATHY

» Stephanie Bot, PsyD, CPsych

Clinical psychologist and psychoanalyst and a clinician, educator and writer

» Julie Chen, BSc, ND

Licensed practitioner of naturopathic and homeopathic medicine

SPORTS MEDICINE

» Jennifer Solomon, M.D.

Board-certified in physical medicine and rehabilitation, fellowship-trained in spine and sports medicine, and a clinical instructor at Weill Medical College of Cornell University

YOUR BODY IS UNIQUE

SHOULDN'T YOUR VITAMINS BE?

SUPPORT YOUR BODY

WITH

cloud nine

SUPPLEMENTS DESIGNED FOR FEMALE ATHLETES

LEARN MORE AT

cloud9supplements.com



USE PROMO CODE

OXYGEN FOR 10% OFF YOUR FIRST ORDER

[in the moment]





“those who
don't jump will
never fly.”

— Leena Ahmad Almashat

What an amazing journey!

➔ This ride has been an exhilarating one, to be sure. It seems like yesterday that Brand Director Alex Norouzi came to me one Friday afternoon asking for a concept for Oxygen's inaugural online course, and over that weekend, I outlined what was the germ of the seed behind the phenomenally successful Ultimate 90-Day Challenge. The Challenge, I realized, had to appeal not just to veteran fitness buffs, but it also had to be aspirational, done at home or the gym, and be the foundation of Oxygen's strong reputation: progressive resistance training. And results had to be attainable — 90 days seemed just about the right time frame.

From there, that simple 90-day idea grew in scale to be an inclusive, amazing plan that became a life-changing experience for so many of you. Under the sure guidance of our brand director and an able Oxygen team, the Challenge took on a life of its own, spurred on not only by two well-known industry experts, Erin Stern and Amanda Latona and their fitness and nutrition programs, but also by the coveted opportunity for a Challenge participant to appear on the cover of Oxygen magazine.

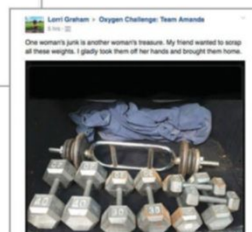
The entire process and final package were very much in the spirit of Oxygen — personal, friendly, accessible, challenging and utterly engaging. And you made it an absolute triumph!

One of the most important aspects to our Challenge was the private Facebook groups where you poured out personal stories of adversity, triumphs, disappointments and struggles. Throughout it all, it was a positive, supportive environment in which everyone thrived. And often, your stories moved us to tears. When you meet our winner on Page 42 (and let me tell you it was a tough decision with so many worthy candidates), you'll be impressed not only with her incredible accomplishment but also her attitude — positive, encouraging, generous and energetic.

But we didn't stop there. We were so moved by your experiences, we also decided to include many of your stories that are equally interesting as the winner's — who didn't love absolutely every post of Stacey Byrd (you'll find her on Page 51) or



YOURS TRULY ON SET WITH FABIANA — WE HAD A BLAST!



➔ FOLLOW US ON TWITTER @oxygenmagazine ➔ JOIN US ON FACEBOOK facebook.com/oxygenmag
➔ HASHTAG US ON INSTAGRAM #oxygenmagazine ➔ VISIT US ONLINE oxygenmag.com or youtube.com/oxygenmagazine
➔ VISIT US ON PINTEREST /oxygenmag ➔ EMAIL US editorial@oxygenmag.com



THE OXYGEN CREW GATHERED AROUND THE CHALLENGE WINNER ON SET.

chuckle at many of the funny pictures and photos posted every day, often several times a day. Who didn't love Flex Friday? Or who didn't want to connect with other Challenge participants on the weekend?

All of you played an integral role in these lively private groups, and their supportive, caring environment, I suspect, was for many of you a key to your success. Of course, as well as our Challenge coverage, we continue to offer rich training and nutrition features that you've come to expect every month, from our easy tips to quick clean eating on Page 58 to a unique landmine workout that builds strength and power on Page 64.

So sit back and get ready to be inspired — and use that inspiration to fuel your own fitness challenges and efforts.

Stay in touch,

Diane

DIANE HART
EDITOR-IN-CHIEF
[@dianeoxymag](https://twitter.com/dianeoxymag)

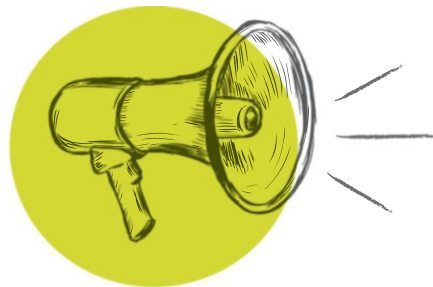
P.S. And keep an eye out for our Special Issue that looks at the Challenge more thoroughly, one that will include even more of your stories, on sale January 5, 2016. What better time of year to get newly inspired by those 7,000 who took the courageous move to sign up and do the Challenge. You were great!

BiaBrazil
ACTIVEWEAR

BIA BRAZIL USA
8621 WEST MCNAB ROAD,
TAMARAC, FL 33321
PH: 1+ (954) 597-8992
WWW.BIABRAZILUSA.COM

Shout out!

Oxygen readers never hold back.
Here's what you told us this month.



Success inspires!

I was very inspired by your success story on April Alexander in your October 2015 magazine. I too am short and curvy, and I really liked the fact she is a success without being a size 1 or 0. Thanks and keep up the good work!

— ROCHELLE, VIA EMAIL

Fit and pregnant? Why not!

Thank you so much for the article "Your Fit Pregnancy Guide" in the October 2015 issue. I wish I had read this last October when I became pregnant with my first child. I scoured the Internet and talked with other moms and my doctor about weightlifting and cardio during pregnancy. The overwhelming response was don't do it or cut way back. For me, that just was not an option. I continued to use your workouts and modified as necessary. I now have a healthy 4-month-old boy and am back on track with my pre-pregnancy workouts. For all the moms out there and moms to be, thank you for this article and I hope to see more.

— TIFFANY, VIA EMAIL

EDITOR'S NOTE: TIFFANY, CHECK OUT OUR MOM UP! DEPARTMENT ON PAGE 88 AND MEET SOME INSPIRATIONAL FIT MOMS FROM ACROSS THE COUNTRY.

We love Koya!

Thank you! Thank you! It is so rare to see an African-American on the front cover of a fitness magazine. Koya Webb is beautiful!

— ANGELA, VIA EMAIL

I want to thank you for having Koya Webb on the front cover. She is an inspiration to me because she is a vegan athlete, a yogi and a wellness expert. Thanks for promoting natural women.

— IZABELLA, VIA EMAIL

Power with strength

I started getting into weight training and clean eating when I was 12, way before it was heard of for women. I'm not sure what drew me to it, but I was hooked from the beginning. I would get up early and ride my bike wearing ankle weights and do lunges uphill before school.

At 54, I'm still going strong. It wasn't just that fitness kept me in great shape my whole life — it also got me through the toughest times in life! A lot of people think I was just born in great shape and don't appreciate how much I dedicate every day to it. I would love to share my story and teach young girls that adopting fitness and clean eating at a young age is easy and rewarding. And I'd like to tell girls who have low self-esteem and are maybe dealing with bullies that you can have power with strength. Thanks for listening.

— LAURA, VIA EMAIL

CORRECTION

In our November issue, we incorrectly identified the photographer for the shot of Lauren First in Future of Fitness on Page 92. The photo is by Lee McConoughey.

youtoldus

OXYGEN WOMEN SHOW US THEIR KICKS



GRETCHEN ARENA
Austin, Texas
Age: 45



ANGELA L. CARROLL
Philadelphia
Age: 40



JULIE ANN REID
Fishers, Indiana
Age: 47

Look for our next request for submissions on our Facebook page and you could be featured here!

Hey! What do you think? Tell us what's on your mind.

EMAIL US
editorial@oxygenmag.com

VISIT US ONLINE
oxygenmag.com

FOLLOW US ON TWITTER
@oxygenmagazine

JOIN US ON FACEBOOK
facebook.com/oxygenmag

PIN US ON PINTEREST
@oxygenmag

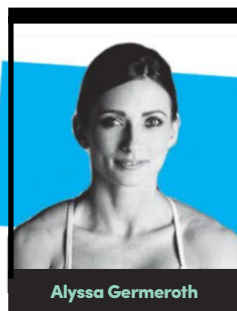
HASHTAG US ON INSTAGRAM
#oxygenmagazine

All content submitted to Oxygen will be considered for publication. We reserve the right to edit for length and clarity.



Susan M. Kleiner

» Susan M. Kleiner, Ph.D., RD, FACN, CNS, FISSN, is a nutrition scientist and author of various professional research journal articles as well as a frequent contributor to *Oxygen*. In “Make Your Fitness Even Better,” on Page 74, she reports on highlights from this year’s Women’s Fitness Summit, a conference focused on science, training and nutrition information targeted specifically toward women. “There is no other program that compares,” she says. “The WFS is incredibly empowering!” Kleiner, who earned a doctorate in nutrition from the Case Western Reserve University School of Medicine in Ohio, is the author of *Power Eating*, Fourth Edition (Human Kinetics, 2013), as well as co-founder and co-CEO of Vynna LLC, an evidence-based, female-centric sports-nutrition brand (vynna.com).



Alyssa Germeroth

» Fitness model Alyssa Germeroth, seen demonstrating the moves for the “Metabolic Burn” workout on Page 64, says she has always had a passion for fitness. Growing up she was a competitive gymnast and springboard diver, and she went on to earn a Bachelor of Science in kinesiology and also became a certified yoga instructor. Despite all that training, she says she didn’t achieve the physique she wanted until she got serious about lifting weights. She is currently a national-level NPC bikini competitor and enjoys mixing yoga, cardio and weight training to keep her exercise routine challenging. Being a fitness model for an *Oxygen* article was an exciting experience, she says. “I have always been such a fan of the magazine, and to actually get to be in it is so surreal!”



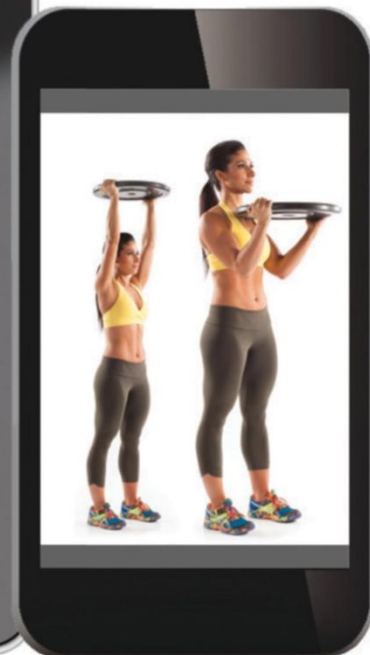
Meghan Rabbitt

» Meghan Rabbitt is a freelance editor and writer whose work has been published in magazines such as *Yoga Journal*, *Dr. Oz The Good Life*, *Redbook* and more. A graduate of the University of Delaware, she also writes for websites, including Refinery29, Sonima, LearnVest and many others. In her free time, she enjoys being active outdoors and working on her yoga practice. After writing this month’s Mind & Body News department on Page 32, Rabbitt says she has already tried some of the expert advice. “I love the tip about being really honest with your friends about your fitness goals and timeline, which pre-empts the eye rolls when you say ‘no’ to another piece of pie,” she says. “I’m also avoiding the ‘cheat’ mentality this year so that the next few months don’t turn into a diet free-for-all. So far, so good!”

#AimFitness

ADVERTISEMENT

NOW AVAILABLE TO GO!



Available on iPhone, iPad Kindle, Nook and
Android tablets and phones.

Apple, the Apple Logo, iPhone and iPad are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Kindle and Kindle Fire are trademarks of Amazon.com inc. or its affiliates. Nook is a registered trademark of barnesandnoble.com LLC or its affiliates.



oneonone

LET **OXYGEN** BE YOUR PERSONAL TRAINER

FITNESS NEWS	22
NUTRITION NEWS	26
HEALTH NEWS	30
MIND & BODY NEWS	32
FAT LOSS NEWS	34

AVOID INJURY!

These days, kettlebells are a staple in nearly every gym in the world, but they're also one of the most misused pieces of equipment, with form errors so heinous that you have a high risk of injury. Turn the page to learn how to use them the right way.



SWING VARIATIONS

- » Single-arm swing
- » Pass-off swing
- » Dead-stop swing
- » Walking swing

Oxygen breaks it down:

Two-arm kettlebell swing

Kettlebells are effective, but if used incorrectly, they can pose a risk of injury. Follow these tips for training this posterior chain powerhouse.

Place the kettlebell in front of you a couple of feet. This helps generate some backward momentum when you grab it rather than trying to muscle it through your legs from a dead stop.

A kettlebell-swing setup is the same as for a deadlift: Stand with your feet hip-width apart, toes turned out slightly. Push your hips back first, then bend your knees as you lower your torso with a straight back until you can grip the kettlebell with both hands. Your hips should be higher than your knees, back straight, arms straight, at the start.

Retract your shoulder blades and “pack” your shoulders. This creates stability in your core and shoulder girdle, making your arms a powerful lever rather than a limp noodle being yanked about by a 20- (or 30- or 40-) pound metal orb. Maintain this power and tension as you swing the kettlebell backward between your knees.

Your hips are the hinge in a kettlebell swing, with your torso and legs as the leaves. Folding forward puts your glutes and hamstrings on stretch, loading them with potential energy, like when you draw an arrow back in a bow.

Use that tensile power as the driving force behind your swing. As the kettlebell swings forward, extend your legs and snap your hips to drive the weight up in front of you.

At the top, you’re going for full body tension: Stand tall with your hips thrust forward, feet rooted, core tight and lats engaged. This generates even more explosive power for your swing.

At the top of the movement, the kettlebell should be almost weightless, hovering for a split second before it begins its (controlled) free fall back between your knees. Shift your weight back into your heels and allow the kettlebell to swing back down and through your knees, loading your hams and glutes once more for the next rep.

How high you raise the kettlebell depends on the version of the move you’re doing. With a Russian swing, the kettlebell rises to chest height; with the American swing, you raise it all the way overhead.

“Joy is what happens to us when we allow ourselves to recognize how good things really are.” — MARIANNE WILLIAMSON, AUTHOR, LECTURER

Have a quickie: 360 thighs

Not down with those inner/outer thigh machines? Besides the fact that they're always awkwardly placed dead center toward a mirror and allow the world to glimpse your naughty bits (or at least attempt to), they're not nearly as effective as total-leg movements with an emphasis on lateral motions. Work your legs 360 degrees around with this quickie finisher workout, done at the end of leg day. Use light weight or no weight and rest minimally between sets to get your heart rate going and your blood pumping.

EXERCISE

SETS

REPS

Side Lunge

3

10 each side

Curtsy Lunge

3

10 each side

Lateral One-Legged Ski Hop

3

20 each leg



PHOTO BY CORY SORENSEN

Change lives starting
with yours — become a
Certified Personal Trainer



Flexible payment plan options

Advanced credentials available in
Nutrition and Sport Performance

Educational Advisors are standing by

NCSF

NATIONAL COUNCIL ON
STRENGTH & FITNESS



800-772-6273

www.ncsf.org





How to: apply kinesio tape

It's hard to miss the bright stripes of skin-like tape that decorate athletes these days. Kinesio tape acts and reacts like a second layer of skin, supporting and stabilizing muscles and joints from outside, like a colorful, stretchy exoskeleton. It's also purported to ease soreness and facilitate recovery by lifting the skin away from affected areas, allowing for better circulation, removal of waste products and lymphatic drainage. Here's a quick how-to on applying this super-useful tool with Dr. Dino Del Mastro, NASM, DC, and director of sports medicine at Go Tape.

- » **1.** Clean your skin with light soap and water, and dry thoroughly.
- » **2.** Measure the tape along the application area, and cut the edges in a rounded fashion so the tape doesn't get caught on clothing and peel off.
- » **3.** Now get your muscle into a comfortable, lightly stretched position.
- » **4.** If you're taping for support and performance, place the first end of the tape (the anchor) at the muscle origin and lay the tape toward the insertion. For instance, the hamstrings originate in your pelvic area and insert in your knee joint. If you're taping for rehab, place the anchor at the muscle insertion, then lay it toward the origin.



READER QUESTION: I want to buy some resistance bands to take with me when I travel, but there are so many different kinds these days — with handles or without, continual loops, rubber sheeting, bands with attachments ... help!

ANSWER: The equipment you purchase does not need to be complicated or intricate in order to be effective. Because you're going to be traveling, choose one or two different "weights" of resistance bands with soft handles that pack neatly into a suitcase. Then find a workout online or on a streaming video, and get to work. (A quick Internet search of "resistance-band total-body workouts on YouTube" brought up more than 2 million hits!) If you're setting up your home gym, then you can try a bunch of different styles for variety. The loops are good for pull-ups and for adding lateral resistance to leg moves; the sheeting is great for dynamic movements; and the bands with attachments allow you to do moves that mimic a cable machine. Check out bionibody.com and perfectonline.com for some great multiuse bands and attachments.

- » **5.** The tape has a strong elastic rebound effect, so apply with a very light stretch for support and healing purposes. For injured joints, such as an ankle sprain or shoulder dislocation, the tape can be pulled tighter.
- » **6.** Leave the tape on for two to three days. To remove, massage the tape and surrounding area with baby oil, then use gentle soap and water and peel the skin away from the tape.
- » **7.** To learn how to perform the 20 most common tape jobs, go to youtube.com/c/gotapeus.

1,000

THE NUMBER OF MOLECULAR CHANGES THAT OCCUR IN A MUSCLE DURING EXERCISE SOURCE: CELL METABOLISM



Tricks of the trainers:

The buckaroo

Bored with burpees? Then try the buckaroo, created by Chelsea Harrison and Mel Breitreutz, owners of the HIIT It Kelowna Fitness Daily 12-Minute Workouts (hiitit.ca). Do three sets of 12 reps as part of a plyometric workout, circuit or high-intensity interval training session.

Stand with your arms at your sides, feet hip-width apart, core braced. Crouch down and place your hands on the ground in front of you, then lever forward on your hands as you jump your feet into the air, kicking upward. Land softly, then stand up and explode upward, reaching your hands overhead to complete one rep. Trainer tip: "Time yourself and see how much faster and stronger you get each week," Harrison suggests.

If you're a trainer and want your move to be featured in *Oxygen*, email your bio, contact info and a short video of the move to lmclashan@aimmedia.com.



CLEAN & LEAN SUMMER BODY CHALLENGES



LOSE WEIGHT & GET TONED

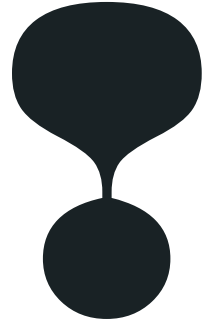
Includes! Weekly Meal Plans, Workout Videos & Recipes

www.toscarenos.com/shop



Canned **vs.** fresh seafood

➔ Nutrition experts agree that fresh and canned fish, such as tuna and salmon, have nearly the same nutritional value. Canned seafood tends to be cheaper and more convenient, while fresh seafood usually has less sodium and a preferred taste. Also, seafood canned in oil usually retains more omega-3 fatty acids than seafood canned in water, but the oil also adds extra calories. Bottom line: Aim to eat at least 3.5 ounces of seafood twice a week, whether it's canned or fresh.



EASY TIPS TO IMPROVE EATING HABITS

➔ Don't rely on your willpower to eat more healthfully. Turn to these tested methods from Brian Wansink, director of the Food and Brand Lab at Cornell University in New York.

» Use bigger plates and cups for healthful foods.

Researchers found that people eat more salad and veggies from larger plates because the portions appear smaller.

» Make meals as colorful and beautiful as possible.

According to researchers, diners gobble up healthful meals if they contain more color and were arranged nicely on the plate.

» Keep nutritious foods on display.

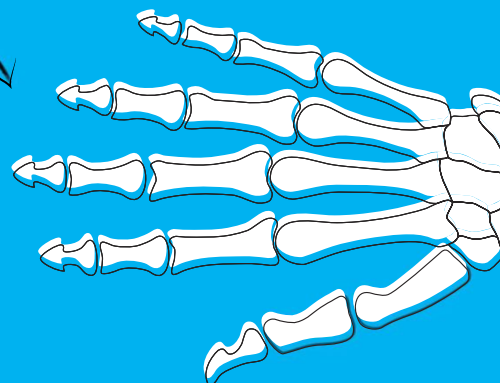
One study found that people increase their fruit and veggie consumption threefold by moving produce from the fridge's crisper drawer to the top shelf.

» Eat only at the table.

According to one study, eating food only at the table is linked to having a lower body mass index. A separate study found that people ate about 10 percent more calories when they ate away from the table and while distracted.

Low-protein diets bad for bones

➔ Protein-restricted diets among young women can result in significant decreases in calcium absorption, according to recent research out of the Yale Center for Clinical Investigation. Limiting dietary protein to 0.7 grams/kilograms for six and half weeks (which equates to about 48 grams of protein per day for a 150-pound woman) led to a decrease of intestinal calcium absorption, a finding that could have implications for women's skeletal health later in life. The effects of nutrients, such as vitamin D and calcium, on bone health have been studied extensively, but less is known about other dietary components' (such as protein's) impact on bones. The researchers say they're not proposing that supplementary protein could prevent osteoporosis, but they say it's one thing that could help.



FOOD
OF THE
MONTH

Dates

➔ Dates grow on trees in the palm family, and the dried fruits are sweet and chewy. Dates are an excellent source of fiber, potassium and brain-healthy manganese.

» **Look for** – dates that are shiny, uniformly colored and not broken.

» **Store** – at room temperature in an airtight container for several months or refrigerate up to one year.



37%

THE DECREASE IN THE RISK OF DEPRESSION ASSOCIATED WITH DRINKING TEA. A META-ANALYSIS OF 11 STUDIES WITH ALMOST 23,000 PARTICIPANTS FOUND THAT FOR EVERY THREE CUPS OF TEA CONSUMED PER DAY, THE RELATIVE RISK OF DEPRESSION DECREASED GREATLY.

4 top nutrition myths

* **FALSE:** Cranberry juice cures urinary tract infections. There's no strong evidence that cranberry juice prevents the recurrence of UTIs or reduces the length of an existing infection compared to a placebo. However, it is true that cranberries contain a compound that prevents bacteria from sticking to bladder walls.

* **FALSE:** Juice cleanses prevent acne and strengthen your liver and kidneys. There is very little research to support positive claims of juicing — and

most physiological effects of juice fasts are unpleasant. Science has shown lower measures of blood sugar, lower insulin levels and reduced blood pressure during cleansing, but any other health benefit is unsupported by evidence.

* **FALSE:** Himalayan salt reduces signs of aging. True, sodium is an essential component of healthful electrolytes, but there is no research that can back up the claim that Himalayan salt (or any type of salt) can reverse or reduce the signs of aging.

* **FALSE:** Cucumbers (and other fruits and veggies) are negative calorie foods. The popular idea that some foods are so low in calories that we burn more calories digesting them than they actually contain has been around for years, but it's never been demonstrated in research. However, even though they may not have negative calories, fruits and vegetables are nutrient-dense choices, meaning they're low-calorie foods that are packed with vitamins and minerals.

Discover the Purity and Wellness of Well Roots®, the premium line of **Liquid Soft-Gel** supplements

The health-food grade line of supplements developed using the purest methods, fused with nature's most powerful extracts and delivered in fast-acting liquid soft-gels. A line of pure wellness like no other.

NEW PRODUCTS!





recipe makeover

Date-coconut energy balls

Get energy on the go with these super easy-to-make energy balls that meet the trifecta of healthful fats, protein and filling fiber — plus they taste great! Makes 24 balls.

- 2 cups almonds, walnuts or pecans
- 1 cup shredded unsweetened coconut
- 2 cups Medjool dates, pitted
- 2 tablespoons coconut oil
- 1 teaspoon sea salt
- 1 teaspoon pure vanilla extract

* In a large food processor, process nuts and coconut until crumbly. Add dates, coconut oil, salt and vanilla; process again until mixture is blended and sticky. Scoop the dough by heaping tablespoons and roll between clean hands to form balls. Place balls on a plate or baking sheet and place in freezer for one hour. Store balls in a sealed container in the refrigerator for up to one week or freeze up to three months; thaw before eating.

NUTRITION FACTS PER SERVING (1 BALL): calories 116, total fat 9 g, saturated fat 3 g, carbs 8 g, dietary fiber 2 g, sugar 5 g, sodium 79 mg, protein 3 g

THE WORST TIME TO EAT

➔ It's while you walk. A new study abstract published in the *Journal of Health Psychology* claims the worst activity to pair with your meals is walking. In the study, women who were asked to eat while walking consumed five times more chocolate than the groups that ate while watching television or while talking with a friend. "When you're walking, you're engaged in so many activities, like paying attention to where you're going," says Susan Albers, Psy.D., clinical psychologist at the Cleveland Clinic. "It's next to impossible to actually focus on what you're eating, which can keep you from processing how it's having an impact on your hunger." ●



Save \$2.00 on any product at
www.WellrootsProducts.com
 by entering coupon code: **012121**

ANY WELLROOTS PRODUCT
SAVE \$2

EXPIRES 03/31/16 MANUFACTURERS COUPON

Consumer: Redeemable at retail locations only. Not valid for online or mail-order purchases. Retailer: Irwin Naturals will reimburse you for the face value plus 8 (cents) handling provided it is redeemed by a consumer at the time of purchase on the brand specified. Coupons not properly redeemed will be void and held. Reproduction by any party by any means is expressly prohibited. Any other use constitutes fraud. Irwin Naturals reserves the right to deny reimbursement (due to misredemption activity) and/or request proof of purchase for coupon(s) submitted. Mail to: CMS Dept. 10363, Irwin Naturals, 1 Fawcett Drive, Del Rio, TX 78840. Cash value: .001 (cents). Void where taxed or restricted. ONE COUPON PER PURCHASE. Not valid for mail order/websites. Retail only.



These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Available at **Walgreens**






Spring-clean your makeup

➔ Though it's not labeled like milk, makeup has an expiration date beyond which it will no longer make you look like the fitness model you absolutely are and could actually pose a health risk. If your makeup is clumpy, thick, dry or separating, it's time to replace it to avoid skin irritation, breakouts or even infections like a sty! Check out this chart to determine what stays and what goes:



ITEM» LIFE SPAN

Mascara	» 3 months
Nail polish	» 1-2 years
Powders (bronzers, shadows, blushes)	» 2 years
Compact foundation	» 18 months
Lipstick and lip liner	» 1 year
Cream shadows and blushes	» 12-18 months
Oil-free foundation	» 1 year
Concealer	» 12-18 months
Lip gloss	» 18-24 months
Pencil eyeliner	» 2 years
Liquid eyeliner	» 3 months
Brushes	» Forever — if cleaned once a month with soap and warm water



Smoking = Fat kids?!?

Stub out those butts already. Smoking around your toddler could cause them to become obese as they age. Children exposed to secondhand smoke had wider waists and higher body mass index than their non-exposed peers by age 10, according to a Canadian study. Secondhand smoke negatively influences endocrine and hormonal development, which could lead to higher body-fat composition and even obesity later in life.

TAKE ACTION: If you're having trouble kicking the butts, check out these websites for helpful information and support:

- ➔ smokefree.gov
- ➔ lung.org/stop-smoking
- ➔ cdc.gov/tobacco/quit_smoking

AW, NUTS

» A new study published in the *International Journal of Epidemiology* found that eating just 15 grams of nuts daily (about half a handful) can help reduce your risk of death from illnesses such as cancer, heart disease and diabetes. Nuts are also a great way to get omega-3s, vitamin E, fiber and antioxidants into your bod without much effort. Pack a pouch of Justin's Classic Peanut Butter in your purse for a squeezable grab-and-go snack, or top your morning

apple slices with my absolute new favorite product NuttZo Power Fuel, a seven-nut and seed butter that is organic, certified Non-GMO Project, gluten-free, kosher and vegan (nuttzo.com).

Bonus: On the NuttZo website are some seriously creative recipes for nut butters. Check out the Power Truffles and the Thai Roasted Brussels!



100

THE AGE WOMEN ARE MORE LIKELY TO REACH THAN MEN.
SOURCE: THE JOURNAL OF THE AMERICAN GERIATRICS SOCIETY

The Strength & Power of RAW VEGAN PROTEINS!

**OKSANA
GRISHINA**
IFBB PRO FITNESS
& TEAM SAN

*Olympia Champion
2X Arnold Classic
Champion*

Vegan Diets Haven't Always Been Easy For Athletes

In the past, it wasn't always an easy choice to live a vegan lifestyle if your goals were to be a serious athlete, let alone if you wanted to build muscle mass. It was hard enough to get abundant protein through diet alone, but almost all supplemental protein sources of the past haven't been vegan-friendly.

A Raw Sprouted Plant Protein for Complete Vegan Nutrition

After a year of vigorous research and development in cold-extrusion technologies, SAN has developed an unmatched, 100% natural, GMO-free, vegan-approved protein formula that completes your whole-food nutrition plan. Not only is **RAWFUSION** formulated to fully complement your vegan lifestyle, it also offers an incredible **21 grams** of custom bio-fermented protein per serving, meaning you'll never have to struggle to get enough of this key macronutrient again.

*"I'm not a vegan, but
I FELL IN LOVE
WITH RAWFUSION
from my first try! It
delivers results and that's
what I need to compete!"
- OKSANA GRISHINA*

RAWFUSION's exclusive mix of pea protein isolate, sprouted brown rice and artichoke protein concentrate has created a patent-pending formula that is ideal for vegans seeking fully balanced nutrition. The nutrient profile of **RAWFUSION** is so strong that with over **4.5 grams** of BCAAs, the amino acid profile rivals that of milk protein. SAN's advanced sprouting process results in a very high-quality protein source with a beneficial balance of essential fatty acids and B vitamins, even further negating any arguments about the need for animal-based protein.

RAWFUSION harnesses the power of raw vegan proteins in a whole-food protein formula that is mandatory for anyone seeking an ultra-healthy lifestyle and demanding complete nutrition.*



RAWFUSION HIGHLIGHTS:

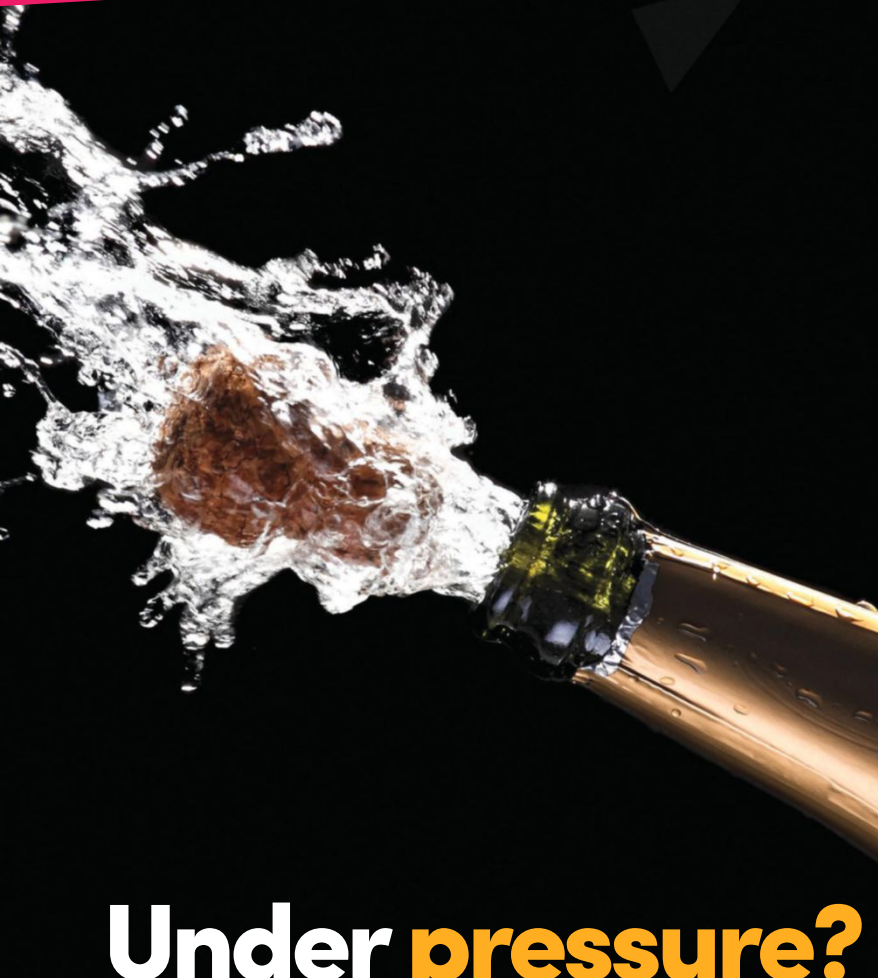
- 100% Raw Sprouted Plant Protein.
- Rich in BCAAs & Glutamine.
- Cholesterol & Lactose FREE!
- 100% Natural & GMO FREE!

**ALSO AVAILABLE IN A
WHOLE FOODS
PROTEIN BAR!**

SANN.NET
(888) 519-9300



* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



Under pressure?

These tips will help you stay on track when friends and family try to derail your diet.

By Meghan Rabbitt

➔ **It's official:** This is the trickiest time of year to eat clean. Even if you muster the willpower to say no to the sweets and spirits that are everywhere, there's a good chance your friends and relatives will try to tempt you into overindulging — and then look at you like you're nuts when you decline. Kristin Torkelsen, a fitness competitor in Rockville, Maryland, says she feels the struggle every year without fail. "It's already tough trying to avoid sugar and 'bad' carbs," she says. "Add to that family and friends who feel insulted if you aren't eating all the special dishes they make and it's a double whammy." To help you stick to your healthy-eating guns and sail through the season of temptation without caving to the pressure, follow this advice.

» **Talk about your goals — and your timeline.** If your great-aunt looks seriously insulted when you're the only one at the table not eating her legendary pecan pie, pull her aside and explain why, says Steve Hertzler, Ph.D., RD, a dietitian and bodybuilder in Columbus, Ohio. "If you explain that you're training for a competition or trying to reach a big goal by a certain date, it helps them see that you're getting close," he says, which will often inspire them to back off. "When you're open about why you're not indulging, it'll help people understand."

» **Have a pre-party plan.** When Candice Lewis, an IFBB pro in Chandler, Arizona, first started competing, she says she would go to holiday parties without a plan — and leave feeling down. "I would inevitably get pressured into having one slice of pie, which turned into a dozen cookies and a few cups of eggnog," she says. The antidote? Do some pre-party plotting. Maybe that means filling up on lean protein and veggies before you arrive so you can honestly say you're not hungry. Or perhaps it even means bringing your own food — a trick Lewis loves. "I bring healthy versions of snacks and sweets to parties," she says. "This way, I know there's a healthy option for me, and it introduces everyone to delicious alternatives to their high-calorie, high-fat favorite dishes."

» **Keep your eye on the prize.** If you start to feel yourself caving, call to mind what you're working so hard to achieve. Hertzler says he watches YouTube videos of bodybuilders he admires before he puts himself in potentially tricky situations. "It's a great way to psych myself up and take my focus away from the stuff that's out to derail me," he says.

» **Know yourself.** In the free-for-all that is the holiday feeding frenzy, it can be tempting to bank on a few "cheat" days. Many experts say an occasional detour from your diet is OK. "It's important to look at the big picture," says Chris Mohr, Ph.D., RD, a dietitian in Louisville, Kentucky. "One 'cheat' meal isn't going to make or break you." That said, others warn that the "cheat" mentality can knock healthy eaters off course, which means it's especially important to spend some time figuring out whether it's a good idea for you. "You really have to know yourself," Hertzler says. "If one 'cheat' turns into a snowball of cheats, don't do it."

» **Take the emotion out of eating.** Hertzler says this mindset can help you stay strong when the pressure to indulge builds. "I think about food scientifically rather than emotionally," he says. "When I'm training, I look at what I eat as a specific chemical ratio of carbs, fats and proteins that I'm trying to get in, which prevents me from obsessing about food." ●



A cheat treat is OK, but get back on track.

TRANSFORM WITH *fighterdiet* AND PAULINE NORDIN

SOME OF
OUR
RECENT
WINNERS



NEXT CHALLENGES START JANUARY 1, 2016

EXCLUSIVE!
12-WEEK
TRANSFORMATION
TRAINING &
NUTRITION
PROGRAMS
WITH FULL
ONLINE TEAM
SUPPORT

fighterdiet
**SUPER
SHRED**
FULL-BODY
CHALLENGE

fighterdiet
**THE
BUTT
BIBLE**
CHALLENGE

BROUGHT
TO YOU BY



**BETTER
BODIES**



fitmark™

FOUR WOMEN
FITNESSRx
YOUR ULTIMATE PRESCRIPTION FOR THE PERFECT BODY

FOR MORE DETAILS AND TO SIGN UP
GO TO FIGHTERDIETCHALLENGE.COM



Keep a food/ mood journal

➔ We didn't have to look far when it came to finding the right expert who could help provide us with yet another crucial key to weight loss and weight management. We turned to Oxygen Advisory Board member Susan M. Kleiner, Ph.D., RD, FACN, CNS, FISSN, co-founder and co-CEO of Vynna LLC and author of *Power Eating*, Fourth Edition (Human Kinetics, 2013). Here's what she strongly recommends:

"By all accounts, losing weight is the easy part; maintaining weight loss seems to be trickier. Nutrition and behavioral scientists teamed up to study successful weight-loss maintainers to learn what works best for them.

"Highest on the list of 'what works' is writing things down or recording daily habits. Not only is this strategy the No. 1 way to turn old habits into new habits at the beginning of a weight-loss journey, it appears to be an essential tool for long-term maintenance, as well. Journaling diet in a fashion that suits personal needs helps people not only to stay on track daily, but when they get off track, they also can look back and see what happened to their food intake and why.

"In addition to just writing down what you eat, also note the timing of your meals and snacks, where you eat and how you feel, or why you eat — each of these helps turn your journal into an all-important reference document. Were you hungry, tired, bored, sad, angry or feeling something else when you reached for a food that you had not planned to eat? Or, when you ate six cookies, did you feel your best later in the day or did you have less energy than usual, or something else? Note also how did your workouts turn out — feel strong, lose interest early, run out of steam?

"The effect of mood on food choices and timing of eating, as well as the effect of the food eaten on mood after eating, is key to deciphering more or less successful eating patterns and gaining knowledge and motivation to stick to your plan.

"After a week of journaling, review all the data you've collected. In time, you will notice patterns that you can then anticipate and prepare for ahead of time to stay on track with your maintenance goal."

“If you rest, you rust.” — HELEN HAYES, ACTRESS



Must-eat fat-loss veggies

An efficient weight-loss plan must include plenty of water-rich vegetables every day, particularly eaten during the final meal of the day, in lieu of starchy carbs like potatoes, white rice or breads. In addition to containing assorted nutrients that help keep your metabolism purring in fat-loss mode, the water weight of each of these vegetables exceeds 90 percent. (Other than micronutrients, there's little to store as fat.) Further, each is packed with fiber to improve transit time (meaning, less fat will be absorbed during digestion) and to give you a feeling of fullness. And you can eat these to your heart's (belly's?) content!

» **Cucumber:** It carries a modest ratio of antioxidants, like zeaxanthin and lutein, which promote vision health. Because a cucumber exerts a mild diuretic effect, it is especially good in a weight-loss program. A cucumber is also packed with assorted micronutrients, especially for promoting bone health.

» **Tomato:** This vegetable is a great source of vitamins E, B6, K and folate, and minerals magnesium and potassium. It's possible, according to research, that 1 cup of tomato a day may help neutralize some of the free radicals created by UVA and UVB rays. (Tomatoes or not, never forget to use sunscreen!)

» **Asparagus:** This veggie is a good source of folic acid, B6, iron, magnesium, zinc and vitamin K. Asparagus also is a source for protein and omega-3 fatty acids. Thanks to the presence of the amino acid asparagine, asparagus serves as a natural diuretic.

» **Romaine lettuce:** Compared to others, this lettuce version has a fairly low amount of sugar and generally more fiber, beta carotene, calcium, magnesium and potassium.



NUMBER OF
FARMERS MARKETS
NOW DOTTING
THE AMERICAN
LANDSCAPE,
ACCORDING TO
A REPORT BY THE
U.S. DEPARTMENT
OF AGRICULTURE.
TO FIND THE
FARMERS
MARKET(S)
NEAREST TO YOU,
VISIT USDALOCALFOODDIRECTORIES.COM.

WHY NOT YOU?

Ever dream of **becoming a personal trainer**?
Turn your dreams into reality with **ISSA education**.

Meet Lindsay

"The ISSA Master Trainer Certificate was the absolute key for me to unlock my potential as a leader, coach, motivator and role model to each individual I am fortunate to work with. Fitness, nutrition and health have always played an important role in my life. Helping others to dig deep and realize their potential physically, mentally and emotionally is truly a passion of mine, and I believe that anyone can improve their lives and find their true self-worth and purpose. As a fitness professional, I love being an integral part of this journey.

The ISSA's programs are well-rounded and provided me with endless resources, including support from some of the most prestigious fitness professionals, coaches and academics in the business. The ISSA allowed me to complete my studies while maintaining my own successful personal training business and writing career as a feature fitness editor and writer. I feel so confident in my abilities and knowledge, and my clients' experiences and results speak to this. The ISSA was the best educational experience I could have asked for!"

—Lindsay Kent, ISSA Master Trainer
lindsaykentfitness.com



The ISSA Your Trusted Source for Fitness Education Since 1988

ISSA's nationally accredited distance education programs provide the education you need to become a Personal Trainer, Elite Trainer, or Master Trainer. Take your certification courses even higher and earn an Associate's Degree in Exercise Science with an Emphasis in Personal Training. TA, MyCAA, and GI Bill approved.



ACCREDITED PROGRAMS

Personal Trainer
Fitness Nutrition
Exercise Therapy
Strength and Conditioning
Youth Fitness
Senior Fitness
Associate's Degree in Exercise Science
with an Emphasis in Personal Training

METHODS OF STUDY

SELF-PACED: Study at home at your own pace
GUIDED STUDY: Structured study track with virtual classroom and lecture series
DEGREE TRACK: 10-week undergraduate online course with weekly lectures, dedicated professor, and guided classroom discussion

ISSA FAST FACTS

- For over 25 years, ISSA has provided fitness education to over 180,000 students and trainers in 92 countries
- Surveys show that the personal training industry has a high degree of job satisfaction and is one of the fastest growing industries
- ISSA provides no-cost educational support to all of its students, even after program completion



call **1.800.892.4772 • 1.805.745.8111** (intl)
or visit **ISSAoxygen.com** mention oxy1601



Cup of cheer

Liven up the dark days of winter with this mood-boosting blend of antioxidant-rich berries and sparkling seltzer.

By Shoshana Pritzker, RD, CDN



CRANBERRY POMEGRANATE SPARKLING SMOOTHIE

Makes 1 serving

- 1 scoop vanilla whey protein powder
- 1/3 cup pomegranate juice
- 1/2 cup frozen cranberries
- 1/4 cup frozen raspberries
- 1/4 cup sparkling water or seltzer (or more, if desired)

Blend all ingredients except the sparkling water in a blender. Pour smoothie in a large glass, then top with sparkling water. Garnish with fresh berries and a sprig of mint. Enjoy!

Nutrition facts (per serving):

calories 237, total fat 3 g, saturated fat 1 g, protein 25 g, sodium 106 mg, carbs 29 g, fiber 4 g

Scientists are busy studying the potential health benefits of pomegranate and its possible disease-fighting capabilities.



BODY BENEFITS

» **Got protein?** To get the most out of your workouts, the *Journal of the International Society of Sports Nutrition* recommends 1.4 to 2.0 grams of protein per kilogram of bodyweight daily. Supplementing with whey protein is an easy way to boost protein intake without feeling like you're eating chicken for days.

» **Pom power:** These tiny, tasty juice-filled morsels are not only immune-boosting antioxidant superstars, but they're also an essential nutrient to improve performance and recovery. Research shows that pomegranate-juice extract has a positive effect on muscle strength and soreness after exercise because of its high polyphenol content and ability to increase blood flow, for better nutrient delivery and removal of metabolic byproducts from the muscle.

» **Cran jam:** Cranberries are an excellent source of vitamins and minerals, including vitamin C, manganese, vitamin K, vitamin E and copper.

» **Fresh and plump:** Although raspberry ketones haven't fared well in the fat-loss world (with little to no research to support claims), both black and red raspberries have shown promising results in cancer prevention and inactivation. Studies show that antioxidant polyphenols found in red and black raspberries play a role in killing and preventing colon and stomach cancer cells.

DIVINE

NUTRITION PRODUCTS™



Divine Nutrition will not disappoint.

All of our products are made from the highest quality ingredients. Come see what the rave is all about. Day after day we are told we have the best tasting products in the market place and the performance is second to none. Believe us when we say this, currently Divine Nutrition is the best kept secret in the supplement industry and it's just a matter of time before that changes, one customer at a time.



TRY OUR NEW PRE-WORKOUTS

Available at

 www.purchasepreworkout.com

 [divinenutrition](https://www.instagram.com/divinenutrition)

 [DivineNutritionProducts](https://www.facebook.com/DivineNutritionProducts)



Kale vs. kale
You can use traditional curly kale, but baby kale is sweeter.

If you can't find pomegranate arils, you can substitute dried cranberries or cherries.

HEALTHY HIGHLIGHTS

»PRETTY POMEGRANATE:

This fruit's seeds are full of vitamins C and K, as well as folate and fiber. Pomegranate seeds perk up most salads, and they can even be used with cooked meats and vegetables.

»TASTY TAHINI: This thick paste made from toasted and ground sesame seeds is a standard ingredient in hummus and other vegetable dips like baba ghanoush. Creamy and mild, tahini is a great source of healthy fats, including omega-3s, as well as calcium and protein.

»HOLA, PEPITAS! Pepitas are packed with protein and healthy fats, and their satisfying crunch also makes these tasty seeds a great snack on their own. Pepitas are filled with iron, and they are high in fiber, zinc and magnesium.

»KALE IS COOL: One of the mighty brassica vegetables — which also include cabbage, broccoli and Brussels sprouts — kale lives up to its reputation as a nutritional superstar, rich in fiber, calcium, potassium and vitamins A, C and K. It also happens to be delicious and full of earthy flavor.

Savory salad

Go beyond your average greens with this flavorful, nutritious recipe. **By Tiffani Bachus, RDN, and Erin Macdonald, RDN**

Do you find yourself growing weary of eating another boring, prepackaged salad? Fear no more! Whip up a delicious dish that you can bring to work as a make-ahead lunch or even to the next party you attend. Not only do you come off as a considerate guest, but you also assure yourself that you have something clean to eat. This quinoa and baby kale salad is a balance of smart carbs, protein and fiber to keep you full and energetic for hours. So fill up your plate with this nutritious and delicious (and easy) salad. The bonus — you won't end up feeling puffy and bloated the next day!

KALE QUINOA SALAD

Makes 6 servings

- 2 tablespoons tahini
- 2 tablespoons lemon juice
- 1 tablespoon apple cider vinegar
- 1 teaspoon lemon zest
- pinch sea salt and black pepper
- 1 cup cooked white quinoa
- 4 cups baby kale leaves
- 1 hothouse cucumber, peeled and chopped
- ¼ cup pepitas
- ½ cup pomegranate arils

1. Place the tahini, lemon juice, apple cider vinegar, lemon zest, salt and pepper into a jar and seal with the lid. Shake until smooth. If the dressing looks too thick, add a little more vinegar and shake again. Set aside.

2. Place cooked (and cooled) quinoa in a large mixing bowl. Add the baby kale, cucumber and pepitas. Pour in half the dressing and toss to coat. Pour in the remaining dressing and toss again. Add the pomegranate arils and gently toss to mix into the salad.

Nutrition facts (per serving): calories 134, fat 6 g, carbs 16 g, fiber 3 g, protein 5 g

Tips: • Toasting your nuts or seeds before adding to the salad really brings out the flavor.

• You can use pecans or walnuts instead of pepitas.

• Purchase organic kale — conventional kale is on the list of veggies with the highest pesticide load.



Empowering Weight Management

trim^{x3} COMPLETE

IS A COMPLETE WEIGHT MANAGEMENT
SYSTEM THAT

- x1** SUPPORTS APPETITE CONTROL†
- x2** PROMOTES THERMOGENESIS
& INCREASES IN METABOLIC RATE†
- x3** PROMOTES INCREASES IN ENERGY
& FAT METABOLISM†

*A portion of the proceeds from every bottle
sold is donated to charities helping
to empower women.



Lindsey Waters
IFBB Bikini Pro

WOMEN DESERVE A DIFFERENT PRODUCT

POWERFUL AND CONVENIENT

Every serving of TRIMX3™ delivers the power of its proprietary blend of ingredients in 3 easy-to-swallow veggie capsules. The key thermogenic ingredients in TRIMX3™ are supported by strong clinical research and work together to increase metabolism, burn calories, provide natural appetite suppression and raise energy levels.†

QUALITY GUARANTEE

TRIMX3™ is manufactured in a state-of-the-art cGMP certified manufacturing facility in the United States which strictly complies with guidelines published by the FDA.



***Visit trimX3forwomen.com for details.**

†These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

Up your game

If breaking a better sweat is your goal this new year, we've got the head-to-toe tech that can tackle the task. **By Myatt Murphy, CSCS**



Great gripper

Colorful and comfy, Harbinger's 149 Women's Pro gloves keep your hands callous-free and per-cool, thanks to double leather palms and performance-vented stretch panels that flex. Best perk: They're machine washable, so your gym bag never stinks from built-up sweat. **\$17, amazon.com**

Need help sticking to your resolutions? Reward yourself with some new gear when you meet a goal!



Fitness fashion

Leave basic black behind! Boost your motivation with these Bia Brazil abstract-print leggings in striking colors that will have you looking sleek and polished. Made with smooth, supportive and fully breathable Brazilian Supplex, these leggings are sure to get you noticed. **\$73, biabrazilusa.com**



Attire we admire

We loved Free Country's Free2B B Cozy hoodie for its moisture wicking and superior mobility. (It's constructed to allow a greater range of motion.) But what sold it was its versatility: When the cold strikes, its fold-over mit-attached hood are ideal for keeping chilly air out. **\$60, freecountry.com**



Space saver sipper

Made from anti-fungal material, Hydrapak's new BPA-/PVC-free Stash bottle keeps you hydrated without taking up a lot of space. The bottle collapses when empty, so you can snap the top and bottom together and shrink it down to about 2 inches tall. The Stash comes in two sizes (750 milliliters and 1 liter) and five bold colors. **\$18, hydrapak.com**



Wise in-vest-ment

The NB Heat Hybrid Vest from New Balance keeps the weather from wrecking your workouts. Available in cerise and black, the quilted nylon and black, the quilted nylon hooded shell uses advanced Polartec Alpha fill and NB Heat technology that's balmy yet breathable, while its reflective trim keeps you noticeable at night. **\$125, newbalance.com**



Flashy footwear

The Nike Air Max 2016 women's running shoe is eye-catching in color, but it's what's under the hood that feet appreciate. Offering maximum cushioning, the super-hued shoe also features a lightweight mesh upper that ventilates and supports your hooves, while its mesh bootie cradles them in plush comfort. **\$190, six02.com**



Clear.

BetaTOR is the pure, free acid form of HMB (beta-hydroxy-beta-methylbutyrate). HMB is produced naturally in our bodies during the metabolism of the essential amino acid leucine.

Powerful.

This powerful new delivery form is rapidly absorbed so you get a higher peak and greater amount in the blood for maximum results. Additionally, BetaTOR has greater clearance and utilization by your tissues to maximize the benefits.

Performance.

Studies show that BetaTOR increases strength and power, improves body composition, and aids in recovery from intense training. BetaTOR works by increasing protein synthesis through multiple mechanisms, including the mTOR pathway, and decreasing protein breakdown.

Visit **BetaTOR.com/oxygen**.
Read the research. Try for yourself. See the Results.



Metabolic Technologies, Inc.

BetaTOR is developed, licensed, and marketed by Metabolic Technologies, Inc.

Individuals providing testimonies in ads are sponsored athletes or have received the ingredient BetaTOR as a gift from Metabolic Technologies Inc.

These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure, or prevent any disease.


BetaTOR[®]
Clear. Powerful. Performance.[™]



AND THE WINNER IS...

FABULOUS FABI

BY DIANE HART, EDITOR-IN-CHIEF
PHOTOGRAPHY BY CORY SORENSEN

AFTER WE COMBED THROUGH THOUSANDS OF COVER CONTESTANTS FOR THE ULTIMATE 90-DAY CHALLENGE, PHILADELPHIA STAY-AT-HOME MOM OF TWO BOYS FABIANA FERRARINI NABBED THE COVETED TOP SPOT AND THE COVER OF THIS MONTH'S ISSUE. OXYGEN SAT DOWN WITH FABIANA DURING HER COVER SHOOT TO TALK ABOUT HER DETERMINED JOURNEY TO MAKE IT TO THE WINNER'S PODIUM.

WHEN IT COMES TO TALKING ABOUT THE ULTIMATE 90-DAY CHALLENGE OR, INDEED, TALKING ABOUT ANYTHING SHE IS PASSIONATE ABOUT, FABIANA

FERRARINI LIGHTS UP — SHE RUNS A HAND THROUGH HER WILD CROP OF CURLS, QUICKLY FLASHES A BROAD SMILE AND BEGINS TO SPEAK AT AN ALMOST IMPOSSIBLY RAPID PACE.

Her enthusiasm is infectious — but she says she wasn't always so gregarious. Growing up the first six years of her life in Honduras, she was quiet and spoke only Spanish.

"When my family moved back to America, I spoke no English, not one word," she says, recalling her days as a shy 6-year-old struggling with being bullied on a daily basis. "But looking back on it, being laughed at because I was different actually made me stronger. I always promised myself to aim high and to always give it my all no matter what it was."

She took this determination into the Challenge when she signed up in July.

What surprised her was not the physical demands of the Challenge — after all, she had never exercised before she had her two boys but was teaching fitness classes when she began the Challenge — but it was the mental challenge of staying on track.

"I feel as though this Challenge definitely changed me on an emotional level," she says, adding she realizes that you can't just devote yourself to physical goals — you also must prepare yourself mentally. Every day, she says, was a struggle to stay on track. "But throughout the Challenge, I was able to channel an inner



"HOW I GOT THESE ABS!"

Fabiana Ferrarini didn't get these abs from simply working out. She knows it's what you put in your mouth that can make all the difference to a tight midsection.

"It's true that abs are made in the kitchen and exposed in the gym," she maintains. "It doesn't matter how many crunches you do, if you don't eat clean, it is like swimming against the current. To keep my abs, I keep my sodium low, I do not use sugar at all, no processed foods and barely any junk food. What's really important is that I rarely eat out — everything I eat is cooked fresh in my kitchen. I am a big organic food eater."

She explains her early years in Honduras where her mother instilled an awareness of proper posture and how to keep your abs tight throughout the day. When she works out, she takes this awareness of contracted abs into every exercise. "Every exercise you do works your core, so no matter what muscle I work, my core is always being used."

Fabi's ab workout:

- ◆ Bottoms up
- ◆ Cable twist
- ◆ Decline crunch
- ◆ Decline reverse crunch
- ◆ Knee tuck
- ◆ Stability-ball roll-in

"I do three sets of 20 reps, two or three times a week."

STYLING BY ELISABETTA ROGANI

READY FOR THE CAMERA!
The excitement was building a few days before the shoot for the contest winner.

8 p.m. 9 p.m. 10 p.m. 4 a.m.



Glued to her computer waiting for news



Celebrating the top spot!



Packing up for the big day



In the car heading to the airport



"I'M A FAN!"

When it comes to supplementing her active lifestyle, Fabi looked to her Challenge coach Amanda Latona and combined BSN products (BSN Whey DNA, BSN Carnitine DNA, BSN Glutamine DNA, BSN Amino X and BSN CLA DNA) with a clean-eating balanced diet plan and her regular workouts. "I'm a fan," she says.

“

**I LOVE A CHALLENGE
THAT MAKES ME WORK
HARD MENTALLY AND
PHYSICALLY.**

”

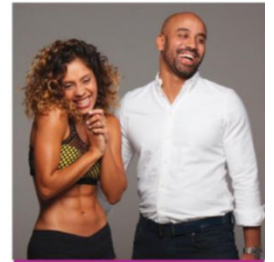


“

MY MENTAL STRENGTH WAS TESTED THROUGHOUT THE CHALLENGE, AND THERE WAS NO WAY I WAS GOING TO GIVE IN!”



An emotional moment captured on video



STRONG SUPPORT

When it comes to a supportive environment, some of the luckiest women in the Ultimate 90-Day Challenge had the greatest support from their spouses. For Fabiana Ferrarini, her husband of almost five years, Matthew Ferrarini, and her extended family proved to be solid as a rock.

“I really just tried to be super dad for 90 days,” says the 27-year-old father of Enrique and Josiah. “I felt it was important for me to step in whenever I could so she could go to the gym. I wanted her to focus totally on herself for that time.”

Research has proven that a strong supportive environment is key to staying on track with a fitness plan. Matthew, however, acknowledged ruefully that near the end of the Challenge, it was getting tougher. “She practically sat in front of her computer for the entire week — the house was a disaster, the kids were in chaos!” he says, laughing.

But in the end, it was all worth it. “I am just so proud of her,” he says, as he looks at Fabiana light up on camera.

voice that would constantly push me to get up and get to the gym. And I realized that my inner mental strength was actually the root of my growing physical strength. And the stronger my inner voice got, the stronger I started to look. And the Facebook group with all those strong, empowering women helped that inner voice keep going.”

As a self-described Latina “curvy mami” who loves her carbs, the 27-year-old says the nutrition plans took a lot of discipline. She found it tough to pass on her beloved *arroz* and *frijoles* (rice and beans), which had been a staple at every meal for years.

But after having her sons Enrique, 9, and Josiah, 4, she decided it was time to start to exercise and

get in shape. At the start of the Challenge, she was self-conscious of what she perceived to be her trouble areas — her butt, legs and thighs. “As a Latina, I tend to be curvy, and my legs and booty have always been areas I’ve struggled with over the years. Before the Challenge, I was actually very insecure about my body. Today, I’m more confident than ever!”

5 a.m. **7 a.m.** **2 p.m.** **3 p.m.** **10 a.m.** **11 a.m.**



At the airport before boarding



Flying from Philly to Los Angeles



On the way to the Oxygen office



Checking in to the Hyatt in Valencia



Meeting Diane at the AIM studio

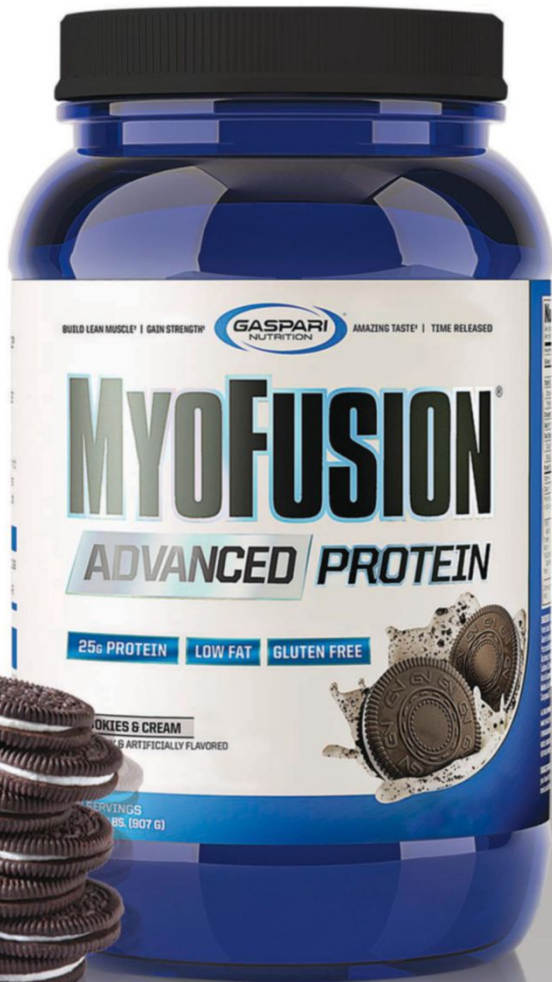


Plenty of clothes to choose from

PROTEIN *Perfection.*

NEW LOOK | NEW TASTE | NEW FORMULA

ASHLEY KALTWASSER
3X MS BIKINI OLYMPIA



Ashley K's COOKIES & CREAM PROTEIN PANCAKES

CALORIES - 416
PROTEIN- 41
CARBS - 18
FAT- 4.5

- 1 CUP EGG WHITES
- 1/4 CUP COCONUT FLOUR
- 1/2 SCOOP MYOFUSION COOKIES & CREAM
- 3 TSP SWEETENER
- CINNAMON (OPTIONAL)

Whisk egg whites cinnamon, sweetener and coconut flour together. Make sure you get rid of all the chunks. Let mixture set for a few minutes to thicken.

Spoon out small pancakes on a greased, hot pan.

When pancakes bubble, flip.

FOR MORE RECIPES VISIT @GASPARIKITCHEN ON

NOW IN 6 AMAZING FLAVORS

NEW!

NEW!



BANANA CREAM



COOKIES & CREAM



PEANUT BUTTER COOKIE



STRAWBERRIES & CREAM



VANILLA ICE CREAM



CHOCOLATE

WWW.GASPARINUTRITION.COM

†These statements have not been evaluated by the food and drug administration. This product is not intended to diagnose, treat, cure or prevent any disease. © 2015 Gaspari Nutrition. All Rights Reserved.



Above: Parents Margarita and Daniel; below: sons Enrique and Josiah



I LOVED THE PRIVATE FACEBOOK GROUP. IT WAS SUCH A GREAT FEELING KNOWING THAT WITH ONE CLICK OF A BUTTON, YOU'D HAVE HUNDREDS OF WOMEN FILLING YOU UP WITH LOVE, SUPPORT AND ENCOURAGEMENT.

OXYGEN: What can you do now that you couldn't do before the Ultimate 90-Day Challenge?

FABIANA: I can carry my husband up the steps. I love when he brags about it because it makes me feel super strong!

OXYGEN: What is your favorite bodypart to train?

FABIANA: I love training the booty! Glute bridges are truly the secret to building great glutes!

OXYGEN: How difficult was it to follow an eating plan for 90 days?

FABIANA: My family thought my healthy eating was obsessive since I always passed on the tortillas and fried

beans, but they were great about having a chicken breast and veggies for me. I fell in love with peanut butter, too!

OXYGEN: What did you learn?

FABIANA: I learned how to love myself with all my flaws and also learned to make eating a healthy lifestyle, not counting every crumb that goes into my mouth! ●

✦ Oxygen, in partnership with BSN, launched the 90-Day Challenge in July 2015. In addition to being featured on the cover and winning a year's worth of BSN products, Fabiana will fly to Boca Raton, Florida, to train with a fitness expert and take part in a photo shoot.



OXYGEN TALKS TO FABIANA ABOUT HOW SHE DID IT.

12 p.m.

1 p.m.

3 p.m.

4 p.m.

5 p.m.



Getting a makeup touch-up



Hair adjustment before shooting



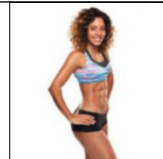
On-set support from the hubby!



Shooting, shooting and more shooting!



Checking out onscreen images

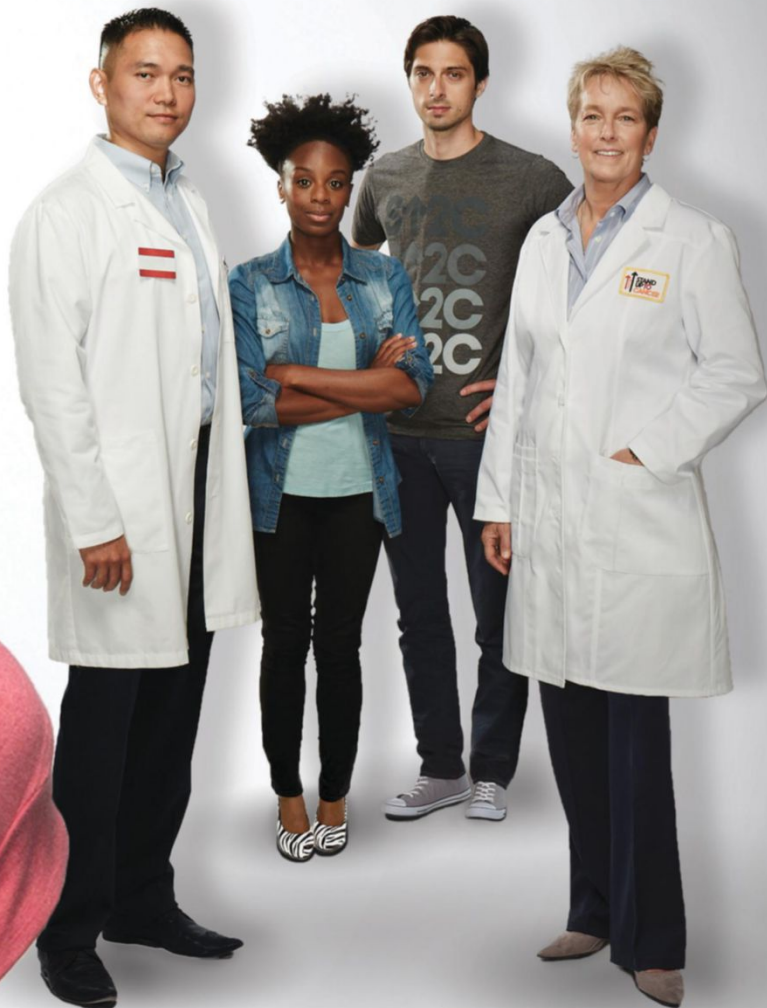


The final cover!

IT'S IMPOSSIBLE
TO BEAT CANCER.

ALONE.

Julie Bowen
SU2C Ambassador



It takes all of us to beat cancer.
Doctors, researchers, volunteers,
and most importantly, people like
you. Join the movement to beat
cancer at StandUp2Cancer.org



♥CVSHealth

Stand Up To Cancer is a program of the Entertainment Industry Foundation (EIF), a 501(c)(3) charitable organization.
Photo Credit: Randall Slavin



HONORABLE MENTIONS

Though we could only hand out one cover, **these amazing women selected from our top 20 are also deserving of some serious kudos.** Check out these 10 honorable mentions of the Ultimate 90-Day Challenge and read about some of the most incredible transformations — physical, mental and emotional.

BY LARA MCGLASHAN, MFA, CPT, FITNESS EDITOR





ABBY HATCH

- **Hometown:** Salt Lake City
- **Age:** 22
- **Height:** 5'8"
- **Occupation:** Ophthalmic assistant/student
- **Old weight:** 148
- **New weight:** 135
- **Team:** Amanda

➤ One of the surprising elements about the Ultimate 90-Day Challenge was the extreme diversity of the participants. Women of all shapes, sizes and backgrounds joined up, and for every shiny, new exerciser, there was at least one long-term gym junkie. Abby Hatch was one such veteran, having played sports her whole life and having done a fitness competition in 2014 where she placed third.

But even athletes like Hatch need change in order to grow, so she signed up with TeamAmanda to help her push her personal limits. "Extended challenges like this one are emotional battles," she says. "Of course there were times I felt discouraged because I didn't feel my body was changing enough, but my negative feelings were always pushed aside by looking at progress pictures that I took weekly."

About a month before the Challenge ended, Hatch was so confident with her fast-changing body that she entered another fitness competition and placed first. She was ecstatic, but her victory came at a price. "Afterward, I became a little lazy with my diet and had a few too many cheat meals," she admits. As a result, her body was not in the peak physical condition she wanted as the Challenge wrapped, and when the votes came in, Hatch wound up second in the running for the cover.

"Being the runner-up was discouraging, and it was initially hard to consider it an accomplishment," Hatch says. "After some thought, however, I believe it's an honor to be numbered among the top competitors. Second place just adds more fuel to the fire of all the goals I have for myself, including to one day earn a spot on the cover."



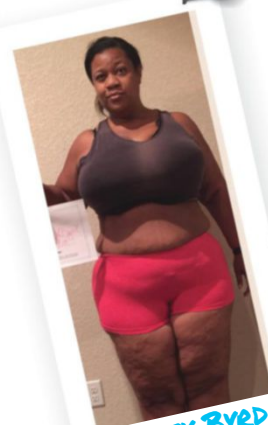
- **Hometown:** Killeen, Texas
- **Age:** 39
- **Height:** 5'8"
- **Occupation:** Senior provider relations representative
- **Old weight:** 338.6
- **New weight:** 329
- ("and as of November 6, 2015, I am 312!")
- **Team:** Erin

➤ The Facebook groups were a huge support resource for many Challenge participants, and no one was more verbose and active on the sites than Stacey Byrd. "I know what it is to say hateful things to yourself because you are in such a negative space," says Byrd, who was formerly obese and weighed more than 450 pounds. "That negative self-talk does more damage than anything anyone else can say to you. So every morning when I woke up, I posted something motivating." Byrd always had a kind word, an uplifting mantra or a story to share to help out her fellow team members. And even when she herself was in the rough, she found positivity when others might find despair. "You have to allow yourself to be human," she says. "Life happens, and you can't beat yourself up about it."

Byrd lost almost 10 pounds during the Challenge and another 17 in the month afterward. "I have never been under 300 pounds my entire adult life, so my next goal is to be 299 pounds by New Year's — and I will make it happen," she says.

She has also spun off onto her own social media platform, FlufftoBuffDiva.com. "I had always heard about people losing huge amounts of weight but had never seen anyone do it," she says. "I am going to show that it can be done without surgery. If I can inspire just one person to love themselves enough to change their lives, I will consider it a job well-done."

And in case you were wondering: "Yes, I entered the cover contest, and yes, being on the cover is a dream of mine that I will make come true!" she says. "Being fit at any size is important. So y'all better never stop pushing. Stay strong and don't you dare give up!"



STACEY BYRD



LAUREN FRANCAVILLA



- **Hometown:** San Diego
- **Age:** 23
- **Height:** 5'3"
- **Occupation:** Nursing student
- **Old weight:** 130-135
- **New weight:** 117-120
- **Team:** Amanda

➔ Sometimes being No. 1 comes with a price, and after her last fitness competition, Lauren Francavilla almost died of renal failure. "I am a straight-A nursing student, so I knew what I was doing was unhealthy, but I wanted to win so badly that I listened to bad nutrition and supplementation advice," she says. "I took first place and the overall at the show, but I almost died."

When she heard about the Challenge, Francavilla signed up for TeamAmanda with the goal of learning how to diet healthfully. "Dieting for my shows was miserable before, but with Amanda, I learned how to be more flexible and incorporate fruit, peanut butter and other normal things throughout my competition prep," she says. "Also, Amanda said to treat yourself but not with food — with getting your nails done and things like that. Before the Challenge, food was my treat, so that advice was great for me."

Now Francavilla is ready to return to competition with her new, healthy toolkit. "My dream, besides becoming a nurse and saving lives, is to be an IFBB Bikini pro and an inspiring fitness model like Amanda Latona," she says. "I feel blessed that I got into the top 20, and I never thought I'd be chosen. It's the closest I've ever come to my dream."



- **Hometown:** Kitchener, Ontario, Canada
- **Age:** 23
- **Height:** 5'2"
- **Occupation:** Sales rep/personal trainer
- **Old weight:** 130
- **New weight:** 126
- **Team:** Erin

➔ Former sprinter and cross-country runner Christine Gomes found a kindred spirit in Erin Stern. "I watched both girls' videos and was very interested in having Erin as my coach because of her background as a track athlete," Gomes says. "I, too, grew up playing sports and later found a love of lifting weights and pushing myself to the limits. So when this opportunity popped up on Instagram, I thought it would be perfect. I was curious to see how my body would transform by following someone else's routine."

Initially, Gomes' biggest roadblocks were food related. "Meal prepping was challenging due to the lack of time, and at work, there was always 'bad' food, which was tempting," she says. "But I decided I was not going to give in. I talked to myself to maintain focus and told other people what I was doing to stay accountable."

As the weeks went by, Gomes got leaner and began to carry herself differently. "I gained confidence, and people noticed that something had changed about me," she says. "And at the gym, I noticed some people nonchalantly copying my workouts, which was funny!"

Ninety days later Gomes was stronger and fitter, and she was selected as one of our winners. "Five years ago, I made a list of life goals, and one of them was to be on the cover of *Oxygen* magazine," she says. "Even though I didn't officially win this Challenge, I am so proud and happy to have made the top 20. And you never know, maybe another cover opportunity will arise in the future!"



CHRISTINE GOMES



KIMBERLY LEE



- **Hometown:** Richmond, Virginia
- **Age:** 33
- **Height:** 5'5"
- **Occupation:** Registered nurse
- **Old weight:** 150
- **New weight:** 135
- **Team:** Amanda

➔ Kimberly Lee was in a gym funk. "I did a show a year ago and actually won my pro card," she says. "But afterward, my passion to lift was gone and I let myself go. I was also very down at that time due to a miscarriage and needed a goal and something positive to focus on."

Lee heard about the Challenge and asked her husband to sign her up for TeamAmanda as a birthday present. "Amanda Latona is one of the reasons I wanted to do bikini competitions to begin with," she says. "I love how she has great muscle tone yet still has very womanly curves. Also, she has the best butt ever!"

As with any program, Lee often had trouble with motivation and would turn to the Facebook group for support. "Training can be a little isolating at times, and seeing other people's posts and knowing they were going through the same things as I was was a wonderful asset," she says. "They made me feel less alone in the struggle of trying to transform myself."

Three months later, Lee had reshaped her physique and rekindled her love for fitness. "This process wasn't just about losing weight and looking good in a tight outfit," she says. "It takes you on a genuinely spiritual journey where you learn a great deal about yourself and how strong you are as a person."



- **Hometown:** Rockford, Illinois
- **Age:** 34
- **Height:** 5'4½"
- **Occupation:** Dental student
- **Old weight:** 147
- **New weight:** 133
- **Team**Erin & TeamAmanda

➔ I want to be frumpy — said no one ever. But at 34, that was exactly how Brandy Boxwood felt. “Growing up, my mother cooked everything in Crisco, so you can only imagine how unhealthy I was,” she says. “I started working out when I was 22 but was never really super in shape. Then I read that a good way to stay committed to a goal was by joining a challenge. The next thing I know, *Oxygen* magazine was providing a challenge for me! It was fate.”

Boxwood signed up for both teams. “I could use all the help and guidance I could get,” she states, but immediately afterward felt a kind of buyer’s remorse. “I wasn’t sure I could go through with it — I was afraid to fail. But I didn’t want negative thoughts and self-doubt to invade and torture my mind. I decided I was going to do my very best and whatever happened, happened.”

So she cranked her music and got to work building herself into a stronger, more self-assured person. But ... the going was slow. “I had to modify most of the workouts,” she says. “I have a full and a partial tear in my right shoulder and degenerative disks in my lower back. I’m not supposed to squat at all, and jumping — ouch!”

But Boxwood worked carefully around her issues, and as the weeks passed, her physique began to change, then — Bam! Top 20. Her next mission: “Creating the elusive ham/glute tie-in. My weapon: the leg press.”



LUISA DI PAOLO



- **Hometown:** Etobicoke, Ontario, Canada
- **Age:** 42
- **Height:** 5'5"
- **Occupation:** Business analyst
- **Old weight:** 130
- **New weight:** 120
- **Team**Amanda

➔ Luisa Di Paolo signed up for the Challenge with a clear goal in mind: “To shape my body how I wanted, which had more to do with definition than it did with weight loss,” she says. “And since my upper body develops faster than my lower body, I signed up with TeamAmanda for the extra lower-body workouts and wonderful booty plan.”

Di Paolo already knew her way around the gym and was familiar with single bodypart training, but she had never trained using circuits before. “After only the first couple of weeks, I noticed results in my body shape,” she says. “I realized that I had plateaued and that this program was just the variety I needed to move forward.”

Nutritionwise, Amanda Latona turned out to be her soul sister. “I’ve tried many different meal plans in the past but have never seen such amazing results as I did with this one,” Di Paolo says. “Everyone reacts differently to certain foods, but the nutrition Amanda provided was perfect for my body.”

At the end of 90 days, Di Paolo had boosted her endurance, revamped her lower half and is now looking to schedule herself a photo shoot. “I’ve been meaning to do it for a few years but didn’t feel satisfied enough with my body,” she admits. “Now my confidence and determination have skyrocketed, and I am ready to get in front of a camera.”



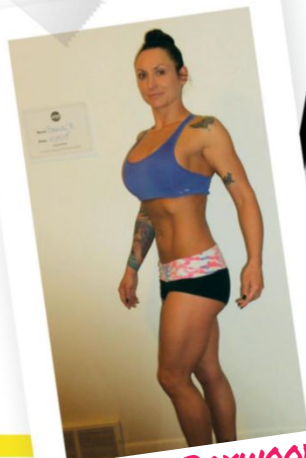
- **Hometown:** Pocahontas, West Virginia
- **Age:** 34
- **Height:** 5'4"
- **Occupation:** Stay-at-home mom
- **Old weight:** 138
- **New weight:** 134
- **Team**Erin

➔ Being fit and healthy does more than give you a great physique — it also can save your life. “Three years ago, I overcame an addiction to heroin,” Maria Childers says. “Fitness has been a huge part of my recovery, and the lessons I learn in the gym about discipline and never giving up follow me into my daily life.”

Childers had her second child in June 2015, and although she had stayed active during her pregnancy, she discovered postpartum that she had lost both muscle and endurance. A longtime fan, Childers joined TeamErin, set up shop in her garage with a home gym and got to work.

But after a sizzling hot start, Childers began to lose steam. “The hardest part was trusting the process of someone else’s program,” she says. “It was discouraging that the weight didn’t come off as fast as I thought it should, and for a brief moment, I thought, *What’s the point*. But that little voice within whispered, *Just keep going — stay consistent and you will see results.*”

Week by week, Childers built back her endurance and her muscle, and she was ultimately chosen as one of the top 20. “Through this Challenge, I realized that I don’t have to be the person I was before and that I can stop comparing my new self to my old self,” Childers says. “Training enables me to be the best wife and mother I can be, and that’s all I could ask for.”



BRANDY BOXWOOD



MARIA CHILDERS



- **Hometown:** Stratford, Ontario, Canada
- **Age:** 30
- **Height:** 5'6"
- **Occupation:** Business owner/personal trainer
- **Old weight:** 147
- **New weight:** 135
- **TeamErin & TeamAmanda**

➤ Sometimes when life gets busy, you lose yourself. "Since becoming a business owner, I've put myself on the back burner," Sherry Kresky says. "I help my clients get stronger, lose weight and find their inner strength daily, but I was not doing the same for myself."

To get back into the groove, Kresky signed up for both programs. "I mostly followed Erin's workout plan and used Amanda's meal plan and videos for nutritional guidance," she says.

Getting back into a consistent lifting routine was no problem for Kresky, but the nutrition was another story. Whenever she needed motivation or advice, she turned to the Facebook groups. "The groups were definitely the key to my success," she says. "All the incredible women sharing their stories, their progress, their hard times and successes — it made me feel like I wasn't alone. No matter how tough of a day I was having, one of the inspiring women on the groups was writing something encouraging."

Not only did Kresky make it to the top 20, she also rediscovered her passion for healthy living. "I am getting to the gym more often and have been working out with my boyfriend again," she says. "I love feeling fit and strong, and this Challenge has brought that feeling back to me."



- **Hometown:** Tampa, Florida
- **Age:** 39
- **Height:** 5'0"
- **Occupation:** Stay-at-home mom/gym owner
- **Old weight:** 110
- **New weight:** 108
- **TeamErin**

➤ Even though she shares her home with pro body-builder Ben Pakulski, Amanda Pakulski had not trained for two years. "I had my last two children back-to-back and my life was not my own," she says. "I had lost all my muscle and wanted something to push me, motivate me and change my physique. This Challenge was perfect."

Pakulski joined TeamErin and took full advantage of all the extras the program had to offer online. "The videos Erin posted were very informative, and her constant feedback on questions was very helpful," she says. "And sometimes when the alarm went off at 5 a.m. — meaning I had to get up and go work out before I had to take care of kids and husband — I wanted to hit snooze and give up. But I'd go online and the wonderful ladies on Facebook would motivate me with their own stories and perseverance. Many of them were going through the same things I was, and if they were making it work, so could I!"

In only 90 short days, Pakulski added 3 pounds of muscle and lost visible amounts of body fat. "My next goal is to lean out some more, add a few more pounds of muscle and finally do a photo shoot with my husband at the Arnold," she says. "Thank you, Oxygen and Erin Stern, for creating this amazing opportunity, and I am ready to continue on and dominate future workouts!" ●



#1 *BarnDad's FiberDX* Fiber Brand



BarnDad's FiberDX® is a 100% natural, time release, soluble and insoluble Fiber matrix that meets 56% of your daily Fiber requirements. Includes 13g of protein, naturally reduces hunger and supports healthy weight management, lean muscle and a healthy digestive system. Helps to stabilize blood glucose levels within normal range !



SHAKE OR BAKE



BARNDADNUTRITION.COM/RECIPES



BARNDAD INNOVATIVE NUTRITION



BARNDAD NUTRITION



BARNDAD BRAND



BARNDAD
INNOVATIVE NUTRITION

GNC
LIVE WELL

amazon.com

Lucky Vitamin

theVitamin Shoppe



meijer

H-E-B

hi-health

BODYBUILDING.COM



ROCK BEFORE LIGHTS OUT

SUPPORT PERFORMANCE AND RECOVERY WITH TRUE ATHLETE—A WIDE RANGE OF SPORTS NUTRITION PRODUCTS, INCLUDING HORMONE-FREE NATURAL WHEY PROTEIN, CREATINE, BCAA'S AND MORE. CONTAINS NO ARTIFICIAL FLAVORS, COLORS OR SWEETENERS.

#iamatrueathlete



KOUT

Available at
 theVitaminShoppe®



TRUE ATHLETE®
NATURALLY DRIVEN



Want healthy meals, fast? Pair creative, timesaving tips with nutritious, convenient items to create physique-building meals in a flash.

hack your kitchen

When life gets frantic, which for most of us is seemingly every day, the kitchen is the last place you probably feel like spending hours prepping meals to fuel your active body. But a physique that is more race car than station wagon requires home-cooked

nutritious meals, not combo No. 5 from the drive-thru. You can employ a handful of kitchen hacks to whip up healthy food without a lot of work. Time to MacGyver your meals with these stealth hacking combos that let you whip up delish meals in record time.

Makes 2 servings

Ingredients:

- 2 (5- to 6-ounce) frozen salmon portions
- juice of ½ lemon
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 pouch boil-in-a-bag brown rice
- ½ cup frozen peas
- ½ cup plain low-fat yogurt
- 2 tablespoons jarred mango chutney
- ½ teaspoon yellow curry powder

Directions:

1. Preheat oven to 400 degrees. Rinse salmon under cold water to remove any ice glaze and pat dry with paper towel. Place fillets in a baking pan and squeeze lemon juice over top. Season with salt and black pepper. Cover pan tightly with aluminium foil and bake for 20 minutes, or until salmon is cooked through. Allow to rest in pan for five minutes.
2. Meanwhile, prepare rice in a pot of boiling water according to package directions. During the last minute of

cooking, place frozen peas in the simmering water. Remove rice bag from water and drain peas.

3. In a small bowl, whisk together yogurt, mango chutney and curry powder. Place rice and peas on serving plates and top with salmon and yogurt sauce.

Nutrition facts (per serving):

calories 578, total fat 22 g, saturated fat 2 g, trans fat 0 g, sodium 443 mg, carbs 55 g, fiber 6 g, sugar 16 g, protein 38 g

frozen salmon + boil-in-a-bag rice + mango chutney = fish curry in a hurry

RICE IS NICE

When it comes to nutrition, brown rice always trumps white, but its long simmering time can be off-putting. Ready in a few minutes, boil-in-a-bag brown rice is a speedier option, and it also saves you from worrying about it sticking to the bottom of the pan (requiring more time-eating cleanup).

CHILL OUT! Don't have time to make a detour to the fishmonger for fresh fish? No worries. You can cut time by cooking frozen salmon fillets straight from the freezer with delicious results.

HOT STUFF! To jumpstart this meal, turn on the broiler for about five minutes and then switch to the baking temperature the recipe advises. This will speed up the time it takes the oven to preheat.



CAN DO! Canned pureed pumpkin is a super-convenient way to infuse your protein shakes with natural sweetness and a wallop of immune-boosting beta carotene.

PROTEIN PUMP! Ricotta cheese infuses these smoothies with muscle-friendly protein, but if you want more, simply blend in some protein powder.

TOOL OF THE TRADE Bendable and completely nonstick, a silicone muffin tray is the way to go when making frozen smoothie cups.

SUBZERO HERO If you like to drink your post-training recovery fuel but find gathering up the necessary ingredients a pain, it's time to simplify the process by making a big batch of a drink and then freezing it. Now, whenever you're in need of recharging after a spirited workout, all that is required is to drop a couple of pucks into the blender with some additional liquid and whiz away.

canned pumpkin + muffin cups + freezer = pumpkin cheesecake smoothie cups

Makes 6 servings

Ingredients:

- ½ cup low-fat milk
- 2 cups reduced-fat ricotta cheese
- 1 (15-ounce) can pure pumpkin puree
- ¼ cup almond butter
- 3 tablespoons molasses
- 2 teaspoons vanilla extract
- 1½ teaspoons cinnamon
- 1 teaspoon ginger powder

Directions:

- 1.** Place all ingredients in a blender container in the order listed and blend until smooth. Your goal is to create a thick mixture.
- 2.** Divide mixture among 12 standard-size muffin cups and place in the freezer until frozen solid, about four hours. Unmold smoothie cups, place in an airtight container and return to freezer until ready to use. If using a metal tray and are having trouble unmolding the smoothie cups, place the bottom of the muffin tin in warm water for several seconds, being

careful not to thaw the contents.

- 3.** When ready to make a smoothie, place 1 to 1½ cups low-fat milk or other liquid of choice and two smoothie cups into a blender container and blend until smooth. For easier blending, carefully slice the frozen smoothie cups into halves or quarters before placing in the blender.

Nutrition facts (per serving): calories 287, total fat 12 g, saturated fat 4 g, trans fat 0 g, sodium 274 mg, carbs 31 g, fiber 2 g, sugar 24 g, protein 16 g

Makes 4 servings

Ingredients:

- 1¼ cups steel-cut oats
- ½ cup low-fat milk
- 1 cup frozen blueberries
- ½ cup plain or vanilla protein powder
- 2 teaspoons grated lemon zest
- 1 teaspoon cinnamon
- 4 tablespoons almonds or pecans, chopped
- 4 teaspoons maple syrup and honey (optional)

Directions:

1. Place oats, a couple pinches salt and 3 cups water in a medium-size saucepan. Bring to a slight simmer, immediately turn off heat and let oats soak overnight, covered.

2. In the morning, stir in milk, blueberries, protein powder, lemon zest and cinnamon. Heat over

medium-low until warmed through. Place oats in serving bowls and top with nuts and sweetener, if using.

Nutrition facts (per serving):

calories 332, total fat 9 g, saturated fat 1 g, trans fat 0 g, sodium 58 mg, carbs 44 g, fiber 8 g, sugar 5 g, protein 20 g

steel-cut oats + protein powder + overnight soaking = hearty whole-grain breakfast

LET IT REST Research shows that starting your day off with fiber-packed oatmeal can keep you feeling full so you're less likely to choose unhealthy snacks. But why settle for another bowl of rolled oats when a simple overnight soak, which softens the grains, lets you enjoy the chewy bite of steel-cut oats minus the long simmering time.

POWER POWDER! Not just for smoothies, convenient protein powder is a great way to effortlessly give your oatmeal a nudge toward building a lean, mean you.

GO NUTS! Spread the nuts in a single layer on a microwave-safe plate. Cook on high in one-minute intervals, stirring between each interval, until nuts are fragrant and a bit darker.

SECOND CHANCES Overnight oats make for great leftovers. Simply place leftover oats in a pan with a couple of splashes of additional milk and warm through.

Makes 2 servings

Ingredients:

- 2 (5-ounce) boneless, skinless chicken breasts
- 1 tablespoon + 2 teaspoons olive oil
- ½ cup cornmeal
- 1 garlic clove, minced
- ¼ teaspoon salt
- 1 cup jarred chunky salsa
- ½ avocado, sliced

Directions:

1. Beginning at the thicker end of the chicken breast, slice lengthwise into the top two-thirds of the meat, stopping before cutting all the way through. Fold chicken open like a book. (The chicken breast should still be in one piece.) Put each breast between two pieces of plastic wrap and pound with the flat side of a meat tenderizer or other heavy object like a skillet until ¼- to ½-inch thick.

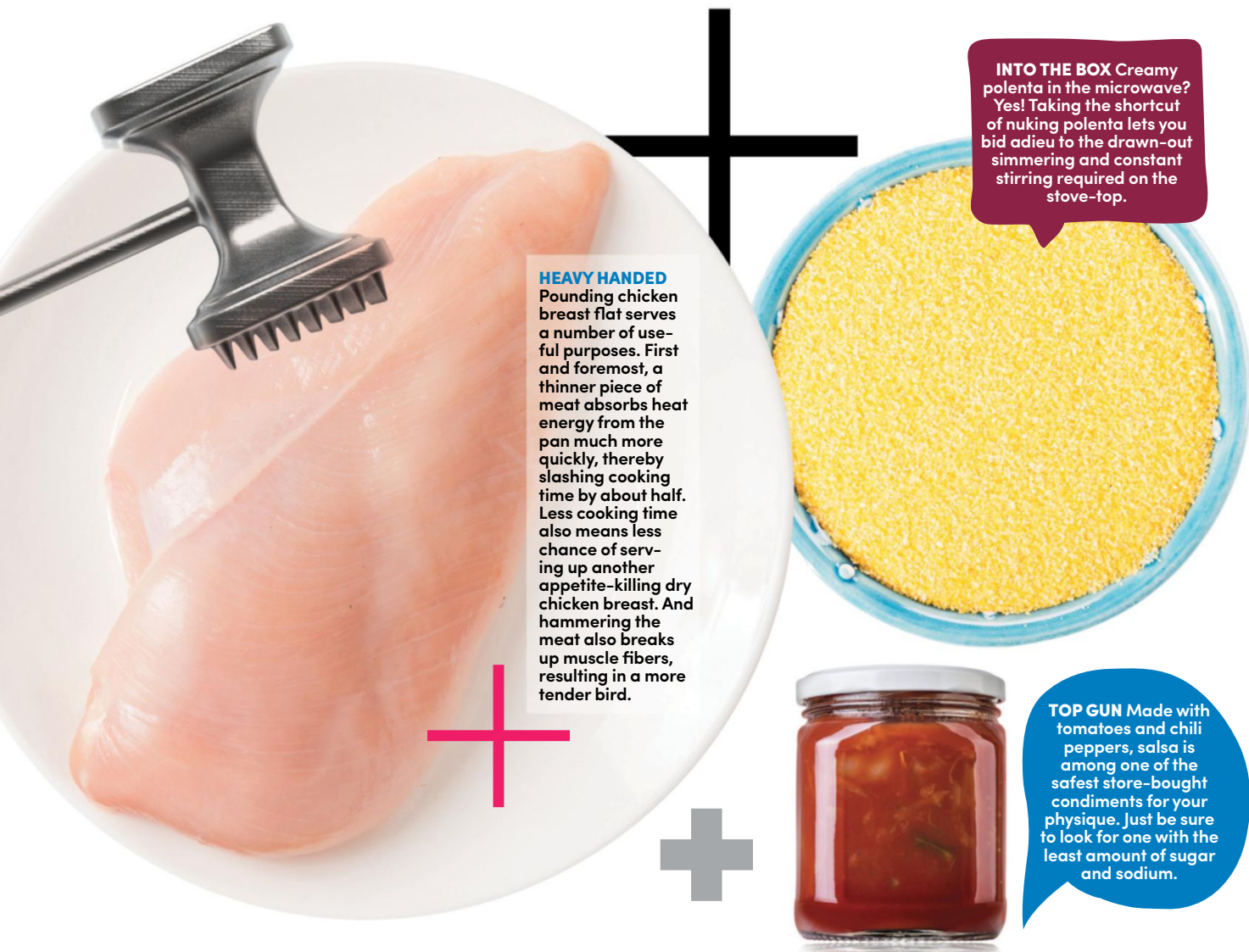
2. Heat 1 tablespoon olive oil in a skillet over medium-high heat. Add breasts and cook two to three minutes per side, until cooked through. Cook breasts one at a time if skillet is not large enough.

3. Place cornmeal, 2 teaspoons olive oil, garlic, salt and 1½ cups water in a large microwave-safe bowl. Microwave uncovered on high for three minutes. Stir mixture and heat for an additional two and half minutes or until polenta has thickened and most of the water has absorbed. Cover and let rest one minute to thicken further.

4. Place polenta on serving plates and top with chicken breast, salsa and avocado.

Nutrition facts (per serving): calories 481, total fat 22 g, saturated fat 3 g, trans fat 0 g, sodium 780 mg, carbs 36 g, fiber 8 g, sugar 5 g, protein 38 g

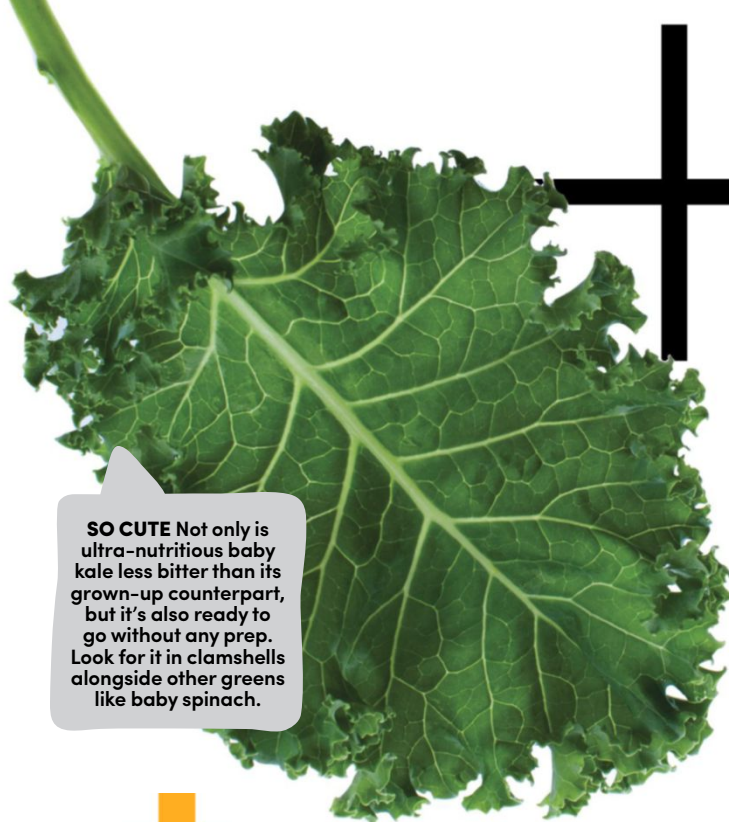
pounded chicken + microwaved polenta + jarred salsa = healthy dinner in a flash



HEAVY HANDED
Pounding chicken breast flat serves a number of useful purposes. First and foremost, a thinner piece of meat absorbs heat energy from the pan much more quickly, thereby slashing cooking time by about half. Less cooking time also means less chance of serving up another appetite-killing dry chicken breast. And hammering the meat also breaks up muscle fibers, resulting in a more tender bird.

INTO THE BOX Creamy polenta in the microwave? Yes! Taking the shortcut of nuking polenta lets you bid adieu to the drawn-out simmering and constant stirring required on the stove-top.

TOP GUN Made with tomatoes and chili peppers, salsa is among one of the safest store-bought condiments for your physique. Just be sure to look for one with the least amount of sugar and sodium.



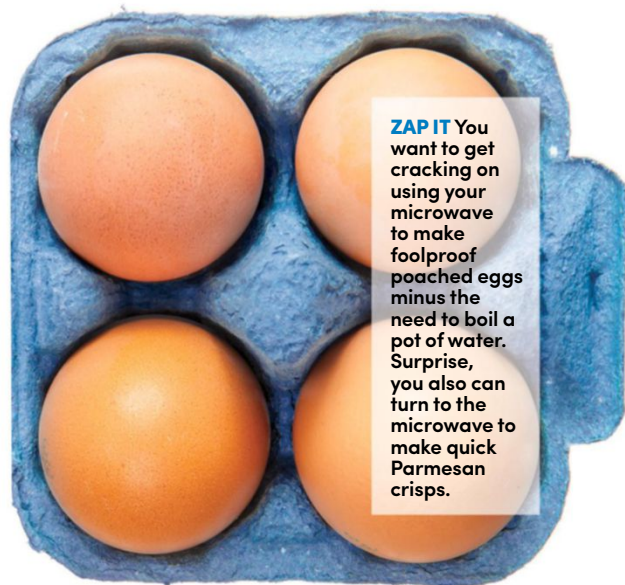
SO CUTE Not only is ultra-nutritious baby kale less bitter than its grown-up counterpart, but it's also ready to go without any prep. Look for it in clamshells alongside other greens like baby spinach.



BLADES OF STEEL If you have a food processor in your kitchen arsenal, use the shredding blade to make quick work of the potato. The large holes of a box grater work, too.



GRATE EXPECTATIONS Want to wait 40 minutes for a sweet spud to roast in the oven? Nah! Shred sweet potato instead, which only takes a few minutes in the skillet to cook.



ZAP IT You want to get cracking on using your microwave to make foolproof poached eggs minus the need to boil a pot of water. Surprise, you also can turn to the microwave to make quick Parmesan crisps.

grated sweet potato + baby kale + microwaved poached egg = quick dinner

Makes 2 servings

Ingredients:

- 1 medium sweet potato, peeled and grated
- 2 teaspoons oil
- 4 tablespoons grated Parmesan cheese
- 2 large eggs
- 4 cups baby kale
- ¼ teaspoon black pepper
- hot sauce (optional)

Directions:

1. Heat oil in a skillet over medium heat. Add sweet potato and cook until tender, about five minutes.
2. Cover a large microwave-safe plate with parchment paper. Spread 2 tablespoons Parmesan cheese on the paper to form a 4-inch round. Repeat with other 2 tablespoons cheese, making sure rounds don't touch. Microwave at 50 percent power for 60 seconds, until crispy.
3. To poach eggs, place ½ cup water and ¼ teaspoon white vinegar in a small microwave-safe bowl. Carefully crack egg into water and microwave on high for one minute and 20 seconds, or until

whites are set and opaque but yolks are still runny. If needed, microwave in 10-second spurts until done to liking. Repeat with second egg.

4. Place kale on serving plates and top with cooked shredded sweet potato. Remove eggs from bowls with a slotted spoon and place one on each plate. Top with freshly ground black pepper, a squirt or two of hot sauce, if desired, and Parmesan crisps.

Nutrition facts (per serving): calories 277, total fat 13 g, saturated fat 4 g, trans fat 0 g, sodium 316 mg, carbs 27 g, fiber 5 g, sugar 3 g, protein 16 g

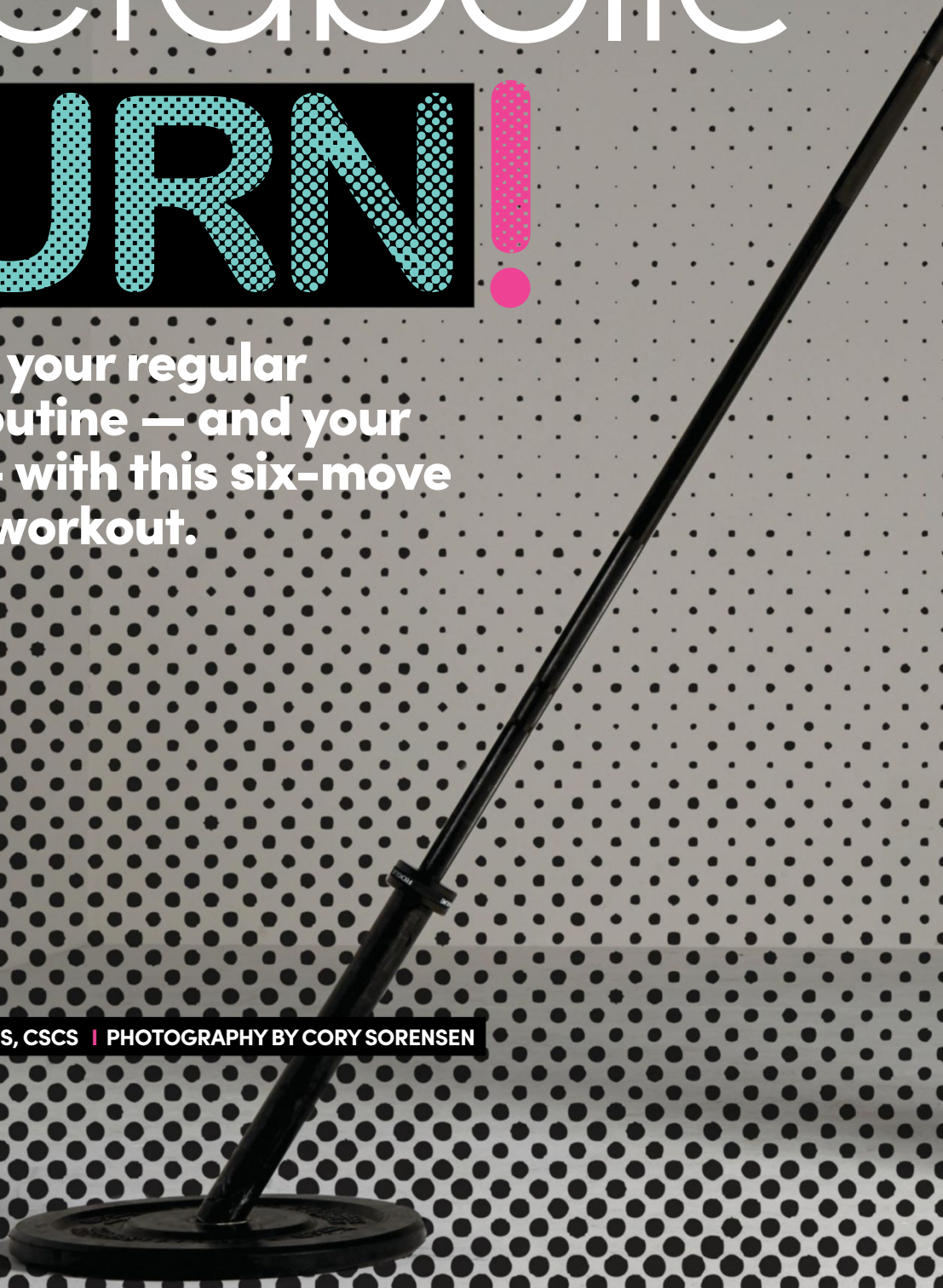
metabolic

BURN!

Incinerate your regular training routine — and your body fat — with this six-move landmine workout.



BY ERIN CALDERONE, MS, CSCS | PHOTOGRAPHY BY CORY SORENSEN

A black landmine barbell is positioned diagonally across the frame, starting from a circular base at the bottom left and extending towards the top right. The background is a grey surface with a pattern of small black dots.

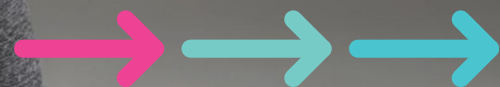


●●● What's worse than the gym at 5 p.m. on a Monday? The gym at 5 p.m. on a Monday in January. You know you're in for a game of musical benches when you walk in and hear weights clanging like a bucket of bolts in a dryer: Your 30-minute workout just turned into two hours of working-in. Might we suggest: a landmine.

A true landmine apparatus looks like a baseball diamond with a hinged tube on top into which you simply insert the end of an Olympic bar and get to work. But if your gym doesn't have one, no worries: Use a 45-pound plate and place the end of the barbell in the center, as we have done here. *Voilà* — instant landmine.

Because the landmine works with gravity, it's perfect for developing functional strength and power, helping push you past those sticking points that plague your workouts. It also helps develop coordination between your upper and lower halves and lights a fire in your core as you work to stabilize yourself, resist torque or transfer power from one part of your body to another.

This HIIT-style workout uses just six moves and engages pretty much every muscle in your body, and as you know, the more muscle mass you recruit in a workout, the greater the release of muscle-building hormones postworkout. Done right, you should feel your cardiovascular system getting tapped and your metabolism running extra hot. Do this landmine workout once a week and BOOM goes the body fat.



THE LANDMINE WORKOUT

Exercise	Sets	Reps
Squat and pivot press	1	8 each side
Bent-over row	1	12
Truck driver	1	8 each side
Lateral hurdle jump	1	8 each side
Jab and shuffle	1	8 each side
One-arm floor press	1	8 each side



Rest 90 seconds. Repeat routine a total of four times.



The rotation occurs at the hips, not at the waist. Keep your torso stable and powerful by bracing your abs.

Really blow it up: Add more weight to the bar, and do your reps without rest in between to add intensity.

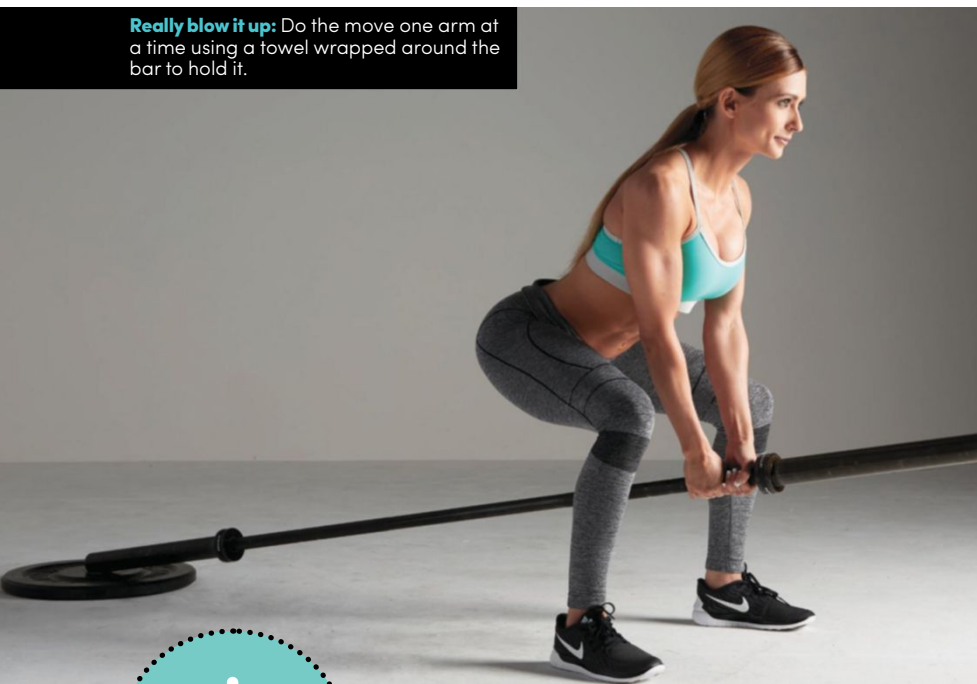


SQUAT AND PIVOT PRESS

setup: Stand sideways to the loaded end of the barbell with your feet wider than shoulder-width apart. Hold the end of the bar at your shoulder with the outside hand, elbow bent and tucked into your side.

move: Push your hips back and squat down, and as you drive back up to standing, pivot toward the landmine and press the bar up and across your body to full extension. Immediately reverse the move and repeat. Do all reps on one side before switching.

Really blow it up: Do the move one arm at a time using a towel wrapped around the bar to hold it.



Keep your eyes focused on the floor or slightly in front of the bar to prevent your neck from arching.



2

BENT-OVER ROW

setup: Straddle the bar facing away from the landmine with your feet shoulder-width apart. Keeping your back flat, bend down and pick up the bar. You can either grip the bar with your bare hands or use a V-handle secured underneath the end of the barbell. Stand up only until your torso is about 45 degrees to the floor and hold, arms extended toward the floor.

move: Drive your elbows up and back and pull the bar toward your chest, squeezing your shoulder blades together at the top. Slowly lower back to the start.

RESEARCH ROUNDUP:

Shoot for fatigue

If you're looking to add muscle, then get busy with that Olympic bar. Recent research out of the University of Athens in Greece compared two different styles of training: a compound training workout that split strength and power moves onto different days of the week, and a complex training program that alternated strength moves and power exercises (like the ones in this landmine workout) within the same workout.

At the end of the six weeks, the subjects in the complex group showed greater muscle fiber hypertrophy (aka growth) relative to their training volume. Researchers theorized that doing strength and power moves together was more intense and caused a lot more muscular fatigue within one session — ultimately promoting bigger gains over the long term.

The take-away: Add power moves into your standard training protocol to gain some muscle and shape where you most want it. Begin by sprinkling these landmine moves into your regular workouts, perhaps alternating a cable chest flye with a one-arm floor press on chest day or adding a squat and pivot press after lunges on leg day. Wanna set your core *en fuego*? Alternate the truck driver with oblique crunches. Burn, baby, burn!



3

TRUCK DRIVER

setup: Face the landmine and hold the end of the bar with both hands at head height, arms extended. Keep a slight bend in your knees with your back neutral, and lean forward slightly into the bar.

move: Pivot as you bring the bar down in an arc toward one hip while bending that same-side knee and keeping your arms straight. Lower the bar to waist height, then extend your legs and power the bar back up through the center, then to the opposite side, again pivoting as you lower the bar.



Really blow it up: The straighter your arms, the more difficult the move becomes.

Really blow it up: Move closer to the plate to make your jumps higher and more challenging, and make the move continuous — i.e., no stopping between jumps.



4

LATERAL HURDLE JUMP

setup: Put a plate on the end of the barbell and stand on one side of the bar in the middle, facing away from the landmine.

move: Quickly dip into a quarter squat, then explode upward and over the bar and land softly on the other side. Continue, alternating sides.

5

JAB AND SHUFFLE

setup: Hold the bar in your forward hand at your shoulder with your elbow bent. Your feet can be turned out slightly, opposite arm at your side.

move: Shuffle one step toward the landmine (back foot, then front foot) and extend your arm quickly, "jabbing" the bar forward and upward. Then shuffle one step back and away from the landmine (front foot, then rear foot) and lower the bar back to shoulder height. Do all reps on one side before switching.

Make sure you stand $\frac{3}{4}$ toward the landmine and not perpendicular. This is a stronger position for your shoulder and better mimics a boxing jab.



Really blow it up: Step farther away from the landmine to make the move more challenging and place more emphasis on the shoulders because you have to "jab" upward as well as forward.

The temptation here is to press the bar up over your face, but that puts your shoulder in a weak position, and if — heaven forbid — your grip slips ... yikes! Glue your shoulder blade to the floor and press the bar up over your chest for best results.



Really blow it up: Extend your arm to press the bar upward while simultaneously bridging on the outside leg, lifting your hips and rotating your body toward the landmine. Lower slowly back to the start.

6

ONE-ARM FLOOR PRESS

setup: Lie faceup underneath and perpendicular to the barbell so it's over your chest. Hold the bar in your outside hand (the hand farther away from the landmine) just before the sleeve, elbow close to your rib cage. Bend your outside knee and place your foot flat on the floor, inside leg extended along the floor.

move: Extend your arm to press the bar upward. Lower slowly back to the start. Do all reps on one side before switching. ●

BETTER RESULTS TODAY

Try this unique ladder-training workout to get leaner and stronger.

Feeling as if you've been indulging a bit much? Not feeling too lean? If the button on your jeans is stamping a permanent Lucky symbol into your belly, it's time to start climbing the ladder.

Ladder training is a form of high-intensity interval training and typically involves nonstop ascending and/or descending rep schemes using one or more exercises. "Ladders are fun and effective," says Los Angeles-based celebrity fitness and wellness coach Leslie Maltz, NASM (lesliemaltz.com). "When you put together two exercises that complement each other, you work hard without overtraining one particular muscle group."

This routine designed by Maltz consists of three different couplets with one move going down the ladder (10 reps to one) and the other going up the ladder (one rep to 10). If you're doing the math, this comes out to 10 sets of each couplet, and a total of 55 reps per move. So pace yourself while still keeping rest time to a minimum because ladders are intended to be cardiovascular. Also, Maltz suggests a time cap of 30 to 35 minutes, including warm-up and cool-down. "Anything longer is overkill and could result in overtraining," she says.

THE PROTOCOL

New athletes:

Do couplet No. 1.

Intermediate athletes:

Do couplets No. 1 and No. 2. Rest one to two minutes between couplets.

Advanced athletes:

Do all three couplets. Rest one to two minutes between couplets.

by Joe Wuebben

photography by Peter Lueders

COUPLET NO. 1

- 10 Push-ups
- 1 Box jump (box should be 12 or 18 inches high)
- 9 Push-ups
- 2 Box jumps
- etc. ... down to
- 1 Push-up
- 10 Box jumps



Push-up

setup: Get into a push-up position with your hands wider than your shoulders and your head, hips and heels in line. Your head should be neutral and your abs tight.

move: Bend your elbows and lower your body toward the floor as low as you can. Extend your arms to return to the start.

🔊 **Do standard push-ups until you're no longer able, then switch to push-ups on your knees to finish out.**



Box jump

setup: Stand in front of a box with your feet hip-width apart, arms at your sides.

move: Kick back your hips and bend your knees, reaching your arms back and loading up like a spring. Then quickly extend your knees and hips and reach forward with your arms, jumping onto the box and landing softly. Stand up fully on the box before stepping or jumping back off.

🔊 **If you're uncomfortable jumping on a box, do jump squats instead.**

COUPLET NO. 2

- 10 Burpees
- 1 Atomic sit-up
- 9 Burpees
- 2 Atomic sit-ups
- etc. ... down to
- 1 Burpee
- 10 Atomic sit-ups

Burpee

setup: Stand with your feet hip-width apart, arms at your sides.

move: Crouch and place your hands on the floor in front of you, then jump your legs behind you into plank. Do a push-up, jump your feet back underneath you and stand up, exploding off the ground into the air and reaching your arms overhead.

● Make the exercise less demanding as you fatigue by skipping the push-up and/or the vertical jump.

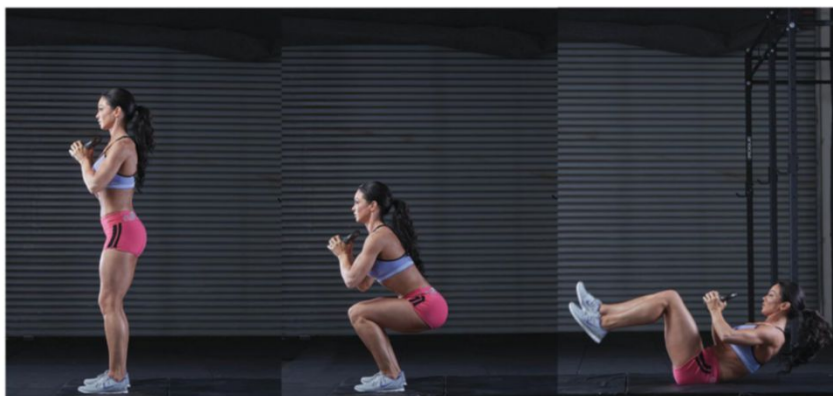


MODEL: AMBER FOKKEN • FITNESS CLOTHING: MODEL'S OWN

Atomic sit-up

setup: Hold a kettlebell at your chest with both hands, elbows down, focus forward, feet hip-width apart.

move: Kick your hips back and bend your knees to come into a deep squat, then sit and roll onto your back, lifting your hips and lower back off the floor and reaching your toes behind you and the kettlebell just over your head. Pull the kettlebell forward and use that momentum and the weight of your legs to roll back up and onto your feet in a low squat, then stand up and press the kettlebell overhead.



COUPLET NO. 3

- 10 Barbell deadlifts
- 1 Pull-up
- 9 Barbell deadlifts
- 2 Pull-ups
- etc. ... down to
- 1 Barbell deadlift
- 10 Pull-ups



Barbell deadlift

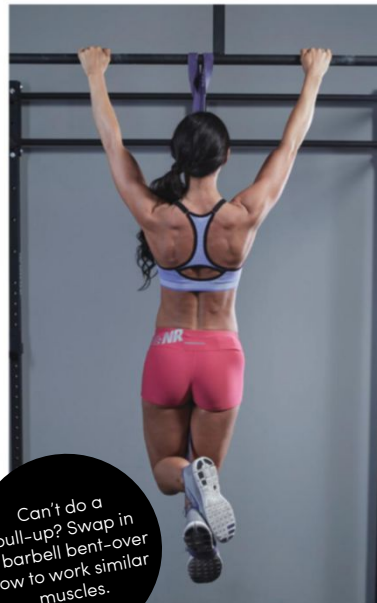
setup: Load a barbell on the floor and stand with your toes underneath it, feet hip-width apart and turned out slightly. Squat down and take an overhand grip on the barbell just outside your legs. Your back should be flat with your hips lifted, your head neutral and your shoulders over the barbell with your weight in your heels.

move: Extend your legs and hips and pull the barbell up in a straight line from the ground, pressing your knees back as you come to a full standing position. Reverse these steps to return to the start.

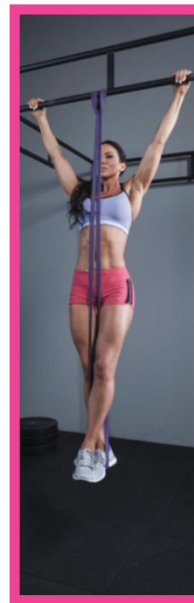
● **Err on the lighter side with deadlifts because you'll be getting fatigued at this point, or sub out the barbell for dumbbells, if needed.**

Pull-up

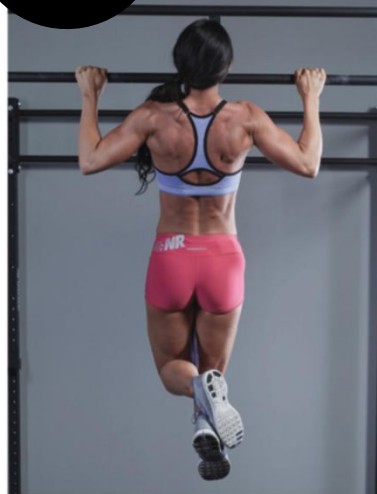
setup: Take a wide overhand grip on the pull-up bar and hang, crossing your feet behind you. Look up toward the bar.
move: Retract your shoulder blades, then drive your elbows down and back to pull your chest up toward the bar. When you've come as high as you can, pause a moment before lowering slowly to the start.



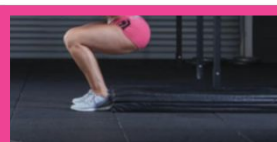
Can't do a pull-up? Swap in a barbell bent-over row to work similar muscles.



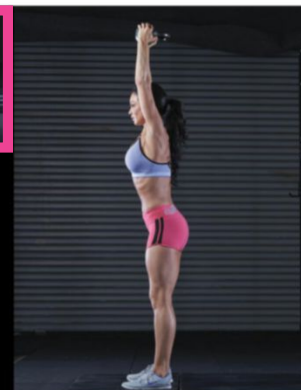
● **Use a pull-up band if you are not yet proficient at pull-ups to offset some of your bodyweight and make the move more manageable. You also can perform bodyweight-inverted rows using a TRX, Smith machine or rings. ●**

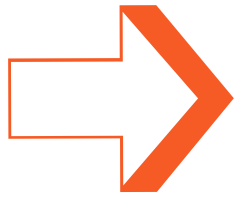


Go to oxygenmag.com for two more great HIIT workouts from celebrity trainer Leslie Maltz!



● **If you have trouble getting back onto your feet, place a folded gymnastics mat or stack of mats (shown above) on the floor to elevate you and make the return easier.**



 **make**

YOUR



FITNESS

even

BETTER!

FEMALE FITNESS GURUS BRING IT TO OXYGEN.



BY SUSAN M. KLEINER,

PH.D., RD, FACN, CNS, FISSN

➞ One year after the inaugural launch of The Women's Fitness Summit, WFS15, held in Kansas City, Missouri, drew a sellout crowd that was bigger and better than last year. The female-only gathering of badass women celebrated our individuality with a lineup of speakers that ranged from world-class strength-and-conditioning coaches, functional

physical therapists, sports-nutrition scientists and educators to body-image gurus.

I reported on last year's event, and *Oxygen* asked me to update readers on this year's fest. To bring some of their insights to you, I asked five of the presenting experts to share the best tip in their field and how they would make it even better.





INGRID MARCUM

CSCS



Best tip:
“Always work toward what better means for YOU on each day and in each moment. Better moves you forward.”

➡ **Ingrid Marcum is a successful** multi-sport and Olympic elite athlete with a great passion for teaching and coaching. Since 1997, Marcum has been helping others reach their own fitness and athletic goals as a speaker, educator, strength-and-conditioning coach and movement specialist. ingridmarcum.com

WFS15 Topic:

Battling ropes and bodyweight/hand balancing training for strength

Take it to the next level:

“Make fitness a journey.”

Explanation:

“A successful fitness journey is one that is unique to you and keeps you improving over the long term — despite the ups and downs that we all experience with everything in life. It’s simply about challenging yourself to be better than you were yesterday, no matter how big or small the step and no matter where you are in your journey.

“While setting goals can help to give you direction, the fitness goals most people set usually focus on a specific end result, whether it’s a physical goal of losing 20 pounds, an event goal such as looking great for a wedding, or a performance goal such as **running a 5K or a marathon**. Setting these goals can be great motivation! However, success should never hinge on reaching these goals and, improvement shouldn’t have an end date. They are just part of the entire journey.”



Elsbeth Vaino

CSCS, NASM-CPT

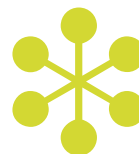
➡ **Elsbeth Vaino is the owner** and head trainer at Custom Strength in Ottawa, Canada, where she works primarily with clients 30 and older who continue to perform at high levels in their chosen sport, as well as helping clients return to sports post-injury. Before becoming a trainer, Vaino had a successful career in engineering, which significantly influences her approach. elsbethvaino.com

WFS15 Topic:

Is it coachable or is it structural? Understanding structural variations and practical guidance for incorporating this knowledge into your coaching

Best tip:

“Exercise is for everyone.”



3

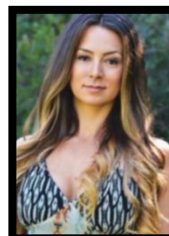
JEN COMAS

NASM-CPT

➡ **Jen Comas is a certified** personal trainer through the National Academy of Sports Medicine and a level-one weightlifting coach through USAW. She is also a nutrition and lifestyle coach specializing in habit and behavioral change for optimal health and sustainable success. jencomas.com

WFS15 Topic:

Conquering dietary restraint



Best tip:

"Pattern the movement, then practice the movement, and then load it with weight."

Explanation:

"The science is crystal clear that each of our bodies is different in so many ways. Some of these differences make a given exercise more or less challenging for one person over another. For example, a person with long arms will have to work much more during a bench press or push-up. This is not to say that long-armed people shouldn't bench-press or do push-ups. It just means they shouldn't get discouraged if their short-armed friends are better at doing them.

"Some differences, however, affect how or whether we should do certain

exercises. There are huge differences in the shape of our pelvises, for instance, and this can significantly impact how you squat. In some cases, the shape of the pelvis will determine what stance you should take. While in other cases, it might dictate whether you should squat at all.

"Usually when an exercise is difficult or doesn't feel right, the response is that you need to get stronger or more flexible. This may be true. But it also may be that your bones are not suited to that movement. Thankfully, there are lots of great alternatives!"



Take it to the next level:

"Exercise is for everyone, but not all exercises are for everyone."

Take it to the next level:

"To ensure that the movement or exercise is being learned properly, work with a knowledgeable trainer or consult a valuable training resource (such as Girls Gone Strong!)."

Explanation:

"Many times, we tend to overlook the fundamentals. Rather than creating a solid foundation by properly learning and practicing a movement, people tend to prematurely jump ahead, eager to add a ton of weight before they are ready. This leads to bad habits that inevitably show up down the road and, even worse, can cause injury.

"Learn a movement correctly from a certified and experienced trainer, then practice the movement correctly with expert guidance, and once you have done those two things, you can externally load the movement by adding weight."



Dr. Brooke Kalanick

ND, MS, LACCSCS

➞ **A recognized expert and author** in the field of natural medicine and fitness, Dr. Brooke Kalanick is a licensed naturopathic doctor devoted to helping women achieve a healthy weight and a happy state of well-being through her integrative and holistic approach to health. Using tailored nutrition therapy, coaching, and a comprehensive naturopathic and functional medicine approach, she helps women heal their metabolism and restore their hormonal balance. betterbydrbrooke.com

WFS15 Topic:

Optimizing thyroid function and attaining better metabolic health

Best tip:

"When treating hypothyroidism, always determine if the disease is Hashimoto's, an autoimmune disorder in which antibodies attack the thyroid. Get TPO and TG blood tests to determine the status of your antibodies, then check beyond the usual hormones to include a T3 test, which can reveal how well your thyroid is functioning in relation to your metabolism."

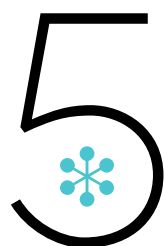


Take it to the next level:

"Treat more than just the thyroid; treat the whole person and the issues that can arise from autoimmune disease (like Hashimoto's) itself."

Explanation:

"In my practice, women in this situation are among the most frustrated because typical advice (eat less often and exercise more or harder) will often result in weight gain for them. While metabolic training is top for fat loss, it can be difficult for women with hypothyroidism and Hashimoto's to handle because their physiology is so compromised when it comes to oxygen delivery. They suffer from inflammation and poor exercise recovery, which can leave them training one day only to fall apart and feel unable to train subsequently for several days, and sometimes weeks. It's important to get their physiology and metabolism healthy before they can handle a lot or certain types of intense exercise. However, once the underlying metabolism is better supported, they can get better results — so don't give up, ladies!"



ERIN BROWN

AUTHOR, ACTIVIST, SPEAKER

➞ **Erin Brown is an author,** activist and speaker focusing on issues around women and autonomy, self-care and cultural rebellion. iamerinbrown.com

WFS15 Topic:

Body image and healthy mind

Take it to the next level:

"Women are people who deserve their own care. Period."

Explanation:

"To raise strong children who will not grow up to be martyrs, taking care of oneself is a gift in itself. As per the oft-quoted 'airline slogan,' I put the oxygen mask on first by myself, not so I can tend to the children but so that I can show my baby how it's done."

"The most powerful thing you can do for little girls in a world that imposes so many restrictions on how they are supposed to appear and behave is to be unashamed and unabashedly yourself." ●



Best tip:

"Women should take care of themselves so they can better take care of others."



Anybody interested in next year's event can get on The Women's Fitness Summit Facebook page.

YOU+

Classic Plus. Our new, raw, plant-based protein made from Pea, Brown Rice, Quinoa, Chia Seed & Amaranth

SunwarriorOxygen.com

 [sunwarrior](https://www.facebook.com/sunwarrior)



Kasia Sitarz
Sunwarrior Ambassador



SUNWARRIOR®

let's

split!

Results and motivation stalled out?
Get stronger by changing up your current split
with one of these five unique options.

BY MICHAEL BERG, NSCA-CPT

Programming your splits

When switching up your training split, go for something as different from your current split as possible. "It's best to totally keep your body guessing," says Nathaniel Oliver, owner of New York City's Type A Training. "If you do a split that is similar to your last, it's easy for your body to say: *Oh, this again?*" Here are a few ideas on how to make the most drastic change and push results into the foreground.

IF YOU HAVE BEEN DOING

- Upper/lower split
- Pre-exhaust
- PHA training
- One bodypart a day

TRY*

- Intuitive
- PHA training
- Upper/lower
- Push/pull

*Find each of these training splits on the following pages.



What is the No. 1 killer of motivation in the gym? Boredom. Boredom means spending more time checking your Instagram likes than you do leg pressing, half-assing it through your cardio just to make the time go by, and losing your inspiration to continue when seemingly nothing is happening to your physique. Eliminating boredom, then, is essential to success, and the biggest culprit lies in your training split: You do the same bodyparts together in the same order, using the same exercises on the same days every week, month after month, and even year after year.

These five training splits are a great way to deliver a wake-up call to your brain and your physique. “We get stronger by constantly challenging the body and overloading it with resistance,” says IFBB Fitness pro Tanji Johnson, 2015 Fitness Olympia and Fitness International runner-up. “Once the body adapts to the load, it begins to plateau, so switching up your training split helps prevent that adaptation from occurring.”

So even if you love your routine, change things up every four to eight weeks to keep progressing, avoid overuse injuries and, most of all, prevent the brain blahs.

the split upper/lower

● With this split, your workouts will either hit the upper or the lower body on alternating days. This breakdown means your bodyparts are fresh, not fatigued or sore from a training session the previous day, and can push harder and lift heavier or longer during your session.

“The classic split would be an upper-body day, a lower-body day, then a rest day before repeating,” Johnson says. This would leave you three days of rest or active recovery per week. Choose moves that hit each muscle group in the half you’re training at least once within the workout. For example, an upper-body workout would train shoulders, back, chest, biceps, triceps and even the abs, and a lower-body session would hit the glutes, hamstrings, calves, hips and abs.

Sample two-week upper/lower split

WEEK 1

Monday Upper body
Tuesday Lower body
Wednesday Rest or active recovery
Thursday Upper body
Friday Lower body
Saturday Rest or active recovery
Sunday Rest

WEEK 2

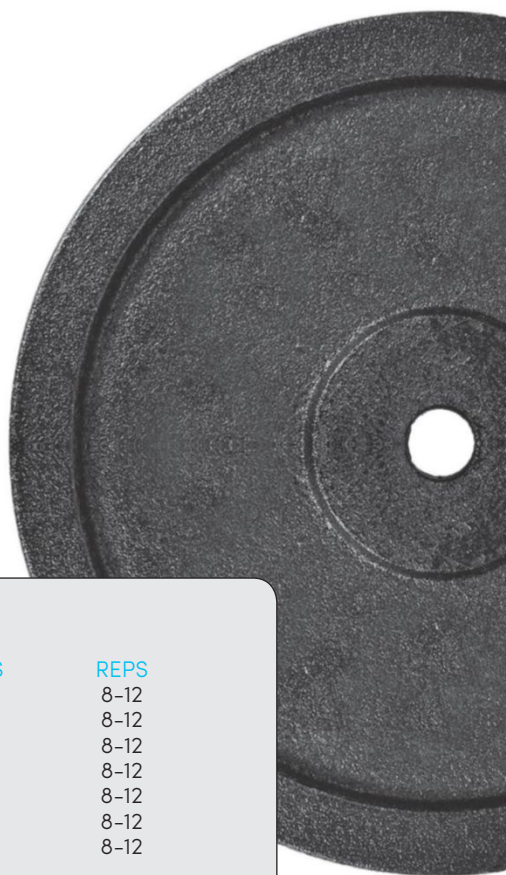
Monday Lower body
Tuesday Upper body
Wednesday Rest or active recovery
Thursday Lower body
Friday Upper body
Saturday Rest or active recovery
Sunday Rest

Sample upper-body split

EXERCISE	SETS	REPS
• Seated dumbbell shoulder press	4	8-12
• Flat bench dumbbell chest press	4	8-12
• Bent-over barbell row	4	8-12
• Dumbbell lateral raise	3-4	8-12
• Barbell biceps curl	3-4	8-12
• Cable triceps pressdown	3-4	8-12
• Decline crunch	3	8-12

Sample lower-body split

EXERCISE	SETS	REPS
• Barbell squat	4	8-12
• Romanian deadlift	4	8-12
• Leg extension	3-4	8-12
• Lying leg curl	3-4	8-12
• Walking lunge	3-4	8-12
• Standing dumbbell one-legged calf raise	3-4	8-12 each side
• Russian twist	3	15 each side





the split intuitive

● If you've been going to the gym for a while, you may want to try training intuitively. This means you don't really have a definitive plan of action or set schedule but rather an idea of what bodyparts you want to train according to how you feel and what you think needs work. For instance, a seasoned gym-goer won't pound her tired and sore legs into submission just because the calendar says "leg day." Instead, she gives extra attention to her arms or abs, or does cardio instead, and lets her legs rest and recover properly.

Playing things by ear can be very productive, but you should still practice some consistency, according to Nathaniel Oliver. "If you change every exercise every workout, you will have a hard time seeing if you're getting stronger," he says. So stick with the same moves for three to four weeks and chart your progress and gains, then switch things up.

In addition, Oliver suggests playing with your intensity intermittently, programming intense days versus more moderate days. This prevents overtraining and injury while also allowing you to bring up lagging parts. For instance, if your goal is to get a stronger lower body, your weekly training split may look like the following:

Sample intensity-cycling system

DAY	CONCENTRATION LEVEL	ACTIVITY
Monday	Intense/Heavy Workout	Legs
Tuesday	Moderate/Recovery Workout	Cardio or Rest
Wednesday	Moderate/Recovery Workout	Upper Body and/or Core
Thursday	Intense Workout	HIIT Cardio
Friday	Moderate/Recovery Workout	Upper Body and/or Core
Sat & Sun	Rest	

the split push/pull

● This split groups all the muscles involved in the pulling action (back, biceps, hamstrings, rear delts, abs) into one workout and all the muscles involved in the pushing action (chest, triceps, shoulders, quads) into the other. Because a muscle can take 48 hours or more to completely recover, a push/pull routine can help you avoid overtraining and minimize your risk of injury. It also helps eliminate strength imbalances, improves posture and facilitates symmetry. And because you're training more bodyparts per session, you'll burn more calories, save time and actually get to the gym more often.

Some people like to move their leg training onto a separate leg day, making a push/pull/leg split. This works well if you're shooting for total leg power in your lower half and muscular balance and detail in your upper half.

Sample push/pull workout week

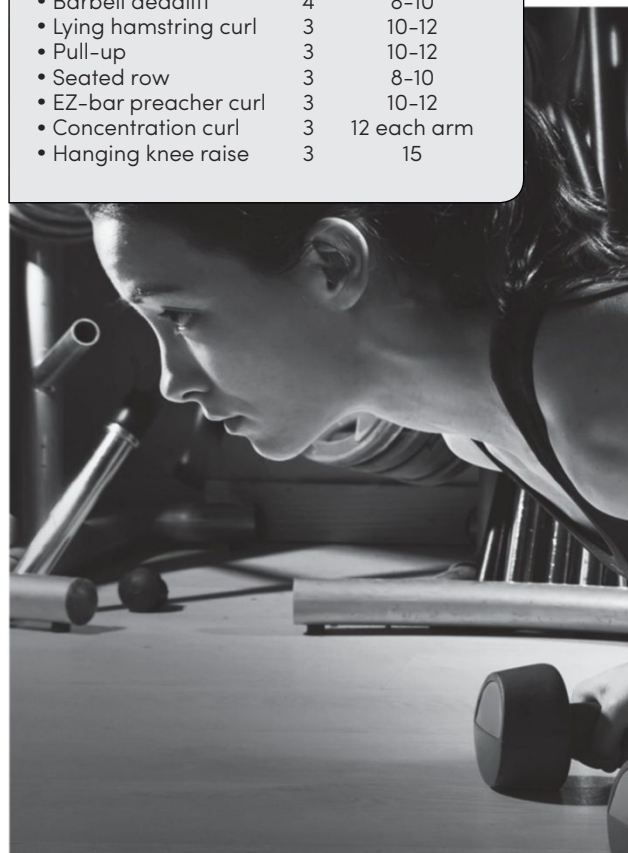
DAY 1 Quads, chest, shoulders, triceps
DAY 2 Back, biceps, abs, hamstrings
DAY 3 Off
DAY 4 Repeat Day 1

Sample push/pull/legs split

DAY 1 Legs
DAY 2 Chest, triceps, shoulders
DAY 3 Back, biceps, abs, rear delts
DAY 4 Rest
DAY 5 Repeat Day 1

Sample pull workout

EXERCISE	SETS	REPS
• Barbell deadlift	4	8-10
• Lying hamstring curl	3	10-12
• Pull-up	3	10-12
• Seated row	3	8-10
• EZ-bar preacher curl	3	10-12
• Concentration curl	3	12 each arm
• Hanging knee raise	3	15



the split pre-exhaust

● We all have muscle groups that are stronger and that outperform others. Typically, these are the larger muscles — back, quads, chest — and these muscles often commandeer an exercise and do the brunt of the work. This leaves the smaller, assisting muscle groups less trained as a result and ultimately means you lift less weight because your smaller muscles peter out before the large ones do.

In a pre-exhaust split, you'll work these larger, stronger muscles first in isolation, then move into the compound movements. By pre-exhausting your main muscles like this, they will be that much closer to failure when you do the compound exercise. For instance, let's say your triceps give out before your chest: Do three sets of pec-deck flyes first, then follow with a machine chest press. When it comes time for the press, your pecs are already tired and thus should give out before — or at the same time as — your triceps.

Sample pre-exhaust pairings

BODYPART	PRE-EXHAUST MOVE	SETS/REPS
• Shoulders (lateral delts)	Lateral dumbbell raise	3/ 10-15
• Chest (upper pecs)	Incline dumbbell flye	3/ 10-15
• Back (lats)	Straight-arm cable pulldown	3/ 10-15
• Quadriceps	Leg extension	3/ 10-12
• Hamstrings	Seated leg curl	3/ 10-12

BODYPART	COMPOUND MOVE	SETS/REPS
• Shoulders (lateral delts)	Seated overhead dumbbell press	3/ 8-10
• Chest (upper pecs)	Incline barbell press	3/ 6-8
• Back (lats)	Seated machine row	3/ 8-10
• Quadriceps	Barbell squat	3/ 6-8
• Hamstrings	Romanian deadlift	3/ 8-10

the split PHA training

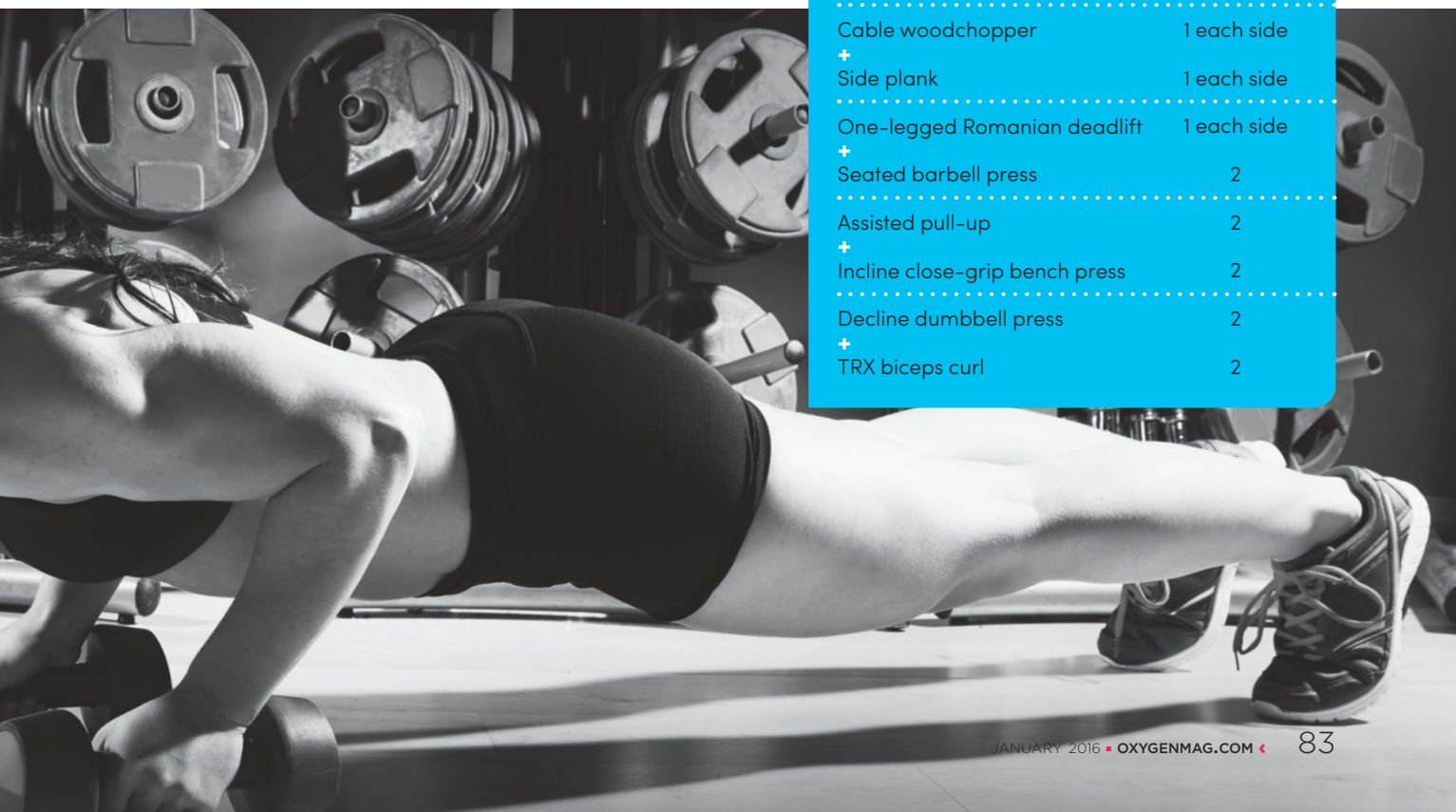
● Originally devised by Dr. Arthur Steinhaus in the 1940s, the idea of this system is to maintain blood circulation throughout the entire body instead of solely focusing on one muscle group — in other words, the exact opposite of the “pump” coveted by bodybuilders. With PHA (i.e., peripheral heart action), you work a large muscle group followed by a smaller one, shunting blood back and forth between the two. To make your heart work even harder, choose muscles in opposing halves — upper versus lower.

“This method may be 75 years old, but it's still very valid,” says Dan Roberts, CSCS, a U.K.-based personal trainer and creator of the exercise program X Combat (danrobertsgroup.com). “Your heart will work extra hard, which is great for circulation and cardio benefits.” ●

Sample PHA workout

Do each move for one minute using fairly heavy weight. Rest minimally between exercises. Rest one minute between sets.

EXERCISE PAIR	SETS
Sumo squat	2
+	
Reverse pec-deck flye	2
+	
Bent-over barbell row	2
+	
French press	2
+	
Decline push-up	2
+	
Close-grip pull-up	2
+	
Cable woodchopper	1 each side
+	
Side plank	1 each side
+	
One-legged Romanian deadlift	1 each side
+	
Seated barbell press	2
+	
Assisted pull-up	2
+	
Incline close-grip bench press	2
+	
Decline dumbbell press	2
+	
TRX biceps curl	2



Lavoisier Health & Beauty

PARABEN – FREE

Advanced Breast Therapy

The choice of active women worldwide!

[I] have had a patient on [ABT] with amazing results!

She is 40 with three children and a 120 lb weight gain from the last child. After losing that weight, she had drooping and stretch marks on her . [After 3-4 months of ABT] she has increased firmness, size (a full cup) and loss of stretch marks. I AM AMAZED!

- JS, Clinical Pharmacologist

My PMS breast pain and swelling was so bad that I could not stand to touch my breasts and even the shower hurt. Now after using [ABT] I have no pain. — EA

GET 10% Off! COUPON CODE:
HAPPYX6
90 day Money Back Guarantee

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease

Available at:

www.LavoisierHealth.com



[oxyvoices

WORDS OF WISDOM FROM THOSE IN THE KNOW

IN THE SPOTLIGHT	86
MOM UP!	88
HOW SHE FUELS	89
SUCCESS STORIES	90
FUTURE OF FITNESS	92

Advice on fitting in fitness: "I aim [to work out] seven days a week, I settle for six, I can live with five, I'm disappointed with four and three means it's been a rough week. Every day, my hours with clients, my shoot schedule and my travel are always different, so it's hard to plan my workouts too far in advance. But even during the busiest weeks, I always remind myself that something is better than nothing when it comes to fitness." — Jenna Wolfe, In the Spotlight, Pg. 86



Toned Wolfe

Jenna Wolfe's spirited personality and passion for nutrition, exercise and wellness has helped motivate millions on the *Today* show. Here's how the TV icon both inspires and perspires! **By Christa Shermot**

➔ “Just like so many people standing at the starting gate on Day One, I was terrified to start and finally understood their fear. I finally realized that people don't refuse change because they're lazy. They refuse it because they're scared. I was afraid to fail, so I was afraid to start.”
— EXCERPT FROM *THINNER IN 30*

Oxygen: As the *Today* show's first lifestyle and fitness correspondent, mother of two, a personal trainer and now an author of *Thinner in 30*, how do you do it all?

Jenna Wolfe: I stay present. If I'm at home, I focus on everything happening at home and give my kids and partner 100 percent of my time and energy. When I'm at work — whether it's being on a TV show or training a client — I give it all of my focus. When I exercise, nothing else in the world matters except finishing my four sets of 25 burpees or 100 mountain climbers. If you always stay present and focus on what's right in front of you, then you can — and will — balance it all.

Why are people so reluctant to change their diet or exercise regime?

JW: Change is hard, change is scary — and change is ugly. But if you follow through on it, change is crucial if you want to rid yourself of bad habits and an unhealthy lifestyle.

“Every Change you've embraced prior, and every new Change you're about to make moving forward, will suddenly become easier and require less effort. I can't promise you that you won't flip that switch until after all thirty Changes become a part of your life, but when it clicks, it clicks. And all this work you've been doing that once felt like labor will soon feel like a lifestyle.” — EXCERPT FROM *THINNER IN 30*

So how do you get your clients to do it?

JW: I tell clients all the time, if you want your life to change, you have to change your life. That doesn't mean joining a gym, hiring a trainer, tossing out everything in your kitchen and starting fresh

all at once. That's not change — that's impossible. But if you break all that down into tiny bite-size pieces (like tomorrow I will skip dessert), then suddenly, change isn't as daunting.

“It takes more than just wanting to improve to see results. It takes energy and willpower and failure and a little sweat and a few tears, but most importantly, it takes time, patience and commitment. Change doesn't happen in a day. If it did, we'd all be perfect from Day One.” — EXCERPT FROM *THINNER IN 30*

How did it feel to receive the prestigious IDEA Jack LaLanne Award at the 2015 IDEA World Fitness Convention this year?

JW: Every once in a while, it's nice for life to reach out, pat you on the back and say nice job. This award was that — and more — for me. It was such an unbelievable honor, not only because it was recognition of my passion for fitness, but also it was given to me by peers who all live, eat and breathe in this health and wellness space

— peers who understand what it takes to want to spread that message every single day. And to have Jack LaLanne's wife Elaine — who is almost 90 years old and still doing push-ups! — present it to me was the most rewarding part.

How has fitness helped you in other aspects of your life?

JW: Being in shape makes everything else work. I have energy, I have confidence, I have strength, I have mobility and I have happiness. When I feel strong, both physically and mentally, there's very little I can't do.

How many days a week do you work out?

JW: I aim for seven days a week, I settle for six, I can live with five, I'm disappointed with four and three means it's been a rough week. What makes it a challenge is that my life is far from routine. Every day, my hours with clients, my shoot schedule and my travel are always different, so it's hard to plan my workouts too far in advance. But even during the busiest weeks, I always remind myself that something is better than nothing when it comes to fitness. Even if I only have time for a short workout, I find a way to make that work.

So what's your typical workout routine?

JW: Since my schedule is so unpredictable, I can't rely on a gym class. So I make up all my own workouts based on the space and time available to me. I love high-intensity plyometric workouts combining cardio and strength training, which is why my go-to workout (in a hotel room, my living room while the kids nap, in my parent's backyard when I'm visiting, etc.) is a pyramid workout.

I'll pick 10 exercises, then do 100 reps of the first, 90 reps of the second, 80 reps of the third, and so on — all the way down to 10 reps. For example, one workout might be 100 mountain climbers, 90 high knees, 80 pike jumps, 70 jumping jacks, 60 triceps dips, 50 crunches, 40 squats, 30 toy soldiers, 20 squat jumps, 10 push-ups. That's one pyramid, and I'll aim for four to six pyramids in a given workout. As I go, I find that counting aloud helps both with my breathing and with my focus.

What's your diet like on an average day?

JW: My big secret is that I can't cook — I mean, I'm literally terrible in the kitchen. So all my meals are super simple and super easy.

JENNA'S SAMPLE ONE-DAY MEAL PLAN

* Breakfast:

3 egg whites, ¼ avocado and cucumber slices (for crunch) on a low-calorie wrap with 1 tablespoon of hummus

* Snack:

apple slices with almond butter and a coffee

* Lunch:

4 ounces of grilled chicken or salmon over a big salad with a ton of vegetables (radishes, peppers, tomatoes, broccoli, hearts of palm, some walnuts with a dressing of balsamic vinegar, mustard, olive oil mixed in)

* Snack:

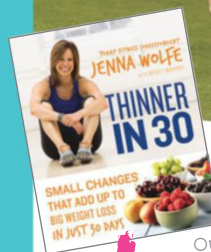
handful of mixed nuts and a piece of fruit. Or a cup of Greek yogurt with 2 tablespoons of slivered almonds and some frozen blueberries

* Dinner:

chicken burger (no bun) with steamed broccoli and a sweet potato

* Dessert:

cup of Greek yogurt with a little sugar-free chocolate pudding mixed in



On sale December 29, 2015

AN ACTUAL CONVERSATION WITH MY MOM

MOM: Hey, Gigi! [My nickname from a million years ago when my then little brother couldn't pronounce Jenna, so he called me Gigi. Yes, it sounds nothing like Jenna, but nobody ever had the heart to tell him.]

ME: Hi, Mom. What's going on?

MOM: Hey, how do I lose that extra flab under my arm when I wave? It's like I wave and then the under part of my arm waves, too.

ME: Oh! I've got some great triceps exercises you can do to tighten up that area! All it takes is a few minutes a day, maybe three days a week, and I could have you try four or five different routines so you're never bored. What do you say?

(Dead silence.) MOM: I think I'll just stop waving.

— EXCERPT FROM *THINNER IN 30*

Fit and strong moms

Five fit women from across the country share pregnancy exercise hurdles and how to clear 'em. **By Sarah Tuff Dunn**

KRISTEN SANDERS

Hometown: Phoenix, Arizona
Age: 30

Nap time is key for Kristen Sanders, whose world was rocked when she first became pregnant. "Before, I loved going to the gym two to four times a week," she says. "But I could no longer do whatever I wanted — I was so tired and nauseous." Instead of trying to force in fitness, she learned to alter her expectations.

Sanders now has two girls, 3 months and 2 years old, and she does body-weight routines and yoga while they nap, an activity for which she now has more appreciation. "As a mother, I now see my life in phases — phases of sleepless nights, of weeks or months of not being able to go to the gym as much as I want to, of giving up my own wants for the needs of my family," she says. "But that's all they are — just phases, and they will end. And it's all been worth it."



SARAH QUEVEDO

Hometown: Hoboken, New Jersey
Age: 36

"After becoming pregnant, my biggest obstacle was eating nutritious and balanced meals, especially during my first trimester," says strength trainer Sarah Quevedo.

The fix was not only finessing her eating habits but also modifying exercises depending on how she's feeling each day. (Quevedo is now expecting her second child.) "I'm focusing on my posterior chain because pregnant women are very front-loaded," she explains. "I'm also focusing on my hips and core for delivery and post-pregnancy."

Quevedo still strength trains three days per week, plus one day of light cardio mixed with kettlebell swings, speed squads, incline push-ups and TRX rows. "It's very important for me to keep working out," she says. "During my first pregnancy, I saw the positive impact it can have at all stages."

SHANNON GILES

Hometown: Oak Park, Illinois
Age: 39

When Shannon Giles, an athlete since college, became pregnant with her second child, she continued running and doing strength-training classes, but an early ultrasound revealed the possibility of placenta previa. "I was told I couldn't run!" she recalls. Instead of curling up on the couch, Giles shifted to Spinning and long walks with her older daughter.

Now that second child is 1 (her sister is 4), and Giles just ran her third Chicago Marathon. The secret was not only keeping up her cardio in a different activity while she was pregnant but also adding in more metabolic interval work such as jumping rope and push-ups. She pushes both girls in a jogging stroller to preschool, alternates early-morning workout days with her husband, and does nap-time workouts in the backyard.



STACY MYERS

Hometown: Colchester, Vermont
Age: 38

A longtime recreational runner, Stacy Myers was floored by infertility issues that suddenly turned her joyful pastime into a chore. "The mental space that previously housed great ideas while running was taken

over by self-doubt, insecurity and depression," reveals Myers, who ultimately became pregnant, and, at 27 weeks, gave birth to triplets, one of whom passed away from intestinal inflammation complications. Deep grief sapped her energy for years — until she found CrossFit.

"If you would have told me five years ago that I'd be doing deadlifts, box jumps and kipping pull-ups, I wouldn't have believed you," Myers says. "In CrossFit, I've found the same strength and passion for life that I used to get from running. It's amazing to be able to look back and see how far you've come."

MEGHAN WOOD

Hometown: Penryn, California
Age: 35

When Meghan Wood learned that she was expecting her first child, she hit the barre — not the kind with cocktails, of course, but the one whose classes focus on ballet-inspired postures for overall strength, conditioning and flexibility. "I was sick for two and half weeks, and being sick while pregnant was like nothing I've ever experienced," says Wood, who also juggles a busy job as a realtor. "I was on a roll and feel like I lost my workout mojo."

Barre classes, however, along with a weekly dance class, have refueled Wood, thanks not only to the fun and physical challenges but also the social aspect of group gatherings. "Having friends and accountability partners that you don't want to let down by missing class is a huge help," she says. "And of course, when I'm done working out, I feel great."





Busy getting stronger

An on-the-go lifestyle suits Danielle Merrell just fine. **By Maura Weber**

➔ Some people yearn for a quiet, simple life in the country, but Danielle Merrell isn't one of them. She explains: "I'm a licensed esthetician, restaurant owner and operator, athlete with Optimum Nutrition, NPC bikini competitor, fitness model and a certified personal trainer. I'm the weirdo who thrives on challenge and difficulty!" She describes fitness as her passion, but it's not her sole focus in life. "I'm a bit of a Jane-of-all-trades," she says. "I spend a lot of time thinking about and working toward my next goal."

Even the chronic pain she experiences from an inflammatory disease called interstitial cystitis doesn't slow her down,

DANIELLE'S SAMPLE ONE-DAY MEAL PLAN

➔ **Meal 1:** Large glass of cold water with lemon (drink on an empty stomach), ½ cup rolled oats, dash unsweetened vanilla almond milk, 1 scoop Optimum Nutrition Protein Energy, 3 egg whites scrambled with 1 yolk and green veggies, 1 cup black coffee with stevia

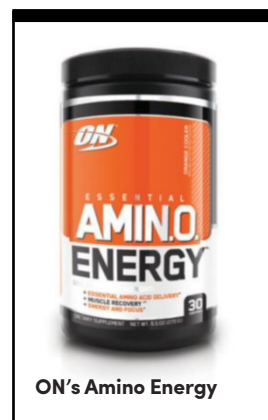
➔ **Preworkout:** 2 scoops ON Amino Energy (watermelon)

➔ **Meal 2 (postworkout smoothie):** 1 scoop ON Gold Standard 100% Whey (chocolate coconut), ½ banana, 1 tablespoon almond butter, ½ cup unsweetened almond milk, blended with ice

➔ **Meal 3:** 3 ounces chicken breast seasoned with rosemary, ½ cup quinoa or 4 ounces sweet potato, 10 asparagus spears

➔ **Meal 4 (taco salad):** 3 ounces lean ground turkey with taco seasoning, ½ cup black beans, ½ cup jasmine rice, diced tomatoes, shredded lettuce, ½ cup shredded cheddar, topped with hot sauce and/or salsa

➔ **Meal 5:** 4 ounces baked salmon, ¾ cup cauliflower mash, green salad with lemon and black pepper



ON's Amino Energy

Danielle's favorite Optimum Nutrition product:

"I have a borderline obsession with **ON's Amino Energy**. It's considered an 'anytime energy,' but I typically use it as a preworkout. I've never tried another product that gave me so much focus, energy and amino acids, and didn't give me the jitters! I'm an orange cooler or watermelon type of gal, but pineapple is coming out soon and I'm waiting anxiously!"

but it does give her perspective on invisible illnesses and the silent struggle of living with pain. "I do my best to represent and encourage the chronic pain community," she says. "Never assume! Someone you know or love may be suffering. Be kind."

As a physique athlete, Merrell has found her best success with flexible dieting. "Food is meant to be enjoyed, but in moderation," she says. "Flexible dieting means that regardless of the foods consumed, I stick to the same macronutrient (protein, carbs and fats) goals." This approach allows Merrell to grab a pick-me-up at Starbucks from time to time without derailing her goals. "As a business owner and someone who's constantly on the go or traveling, it's most realistic for me," she says.

Merrell, now 31, says she enjoys learning about the science behind nutrition and weight training. She started lifting weights at age 15, but she admits that she fell into a common trap. "I was scared to train certain areas of my body because I believed the myth that I may become 'too big' if I did so," she says. "My shoulders especially. Now I train shoulders once or twice a week with weights, trying to make up for lost time!"



“Two years ago, I could not have run 30 seconds, and this year, I’m training for a half marathon.”



FACTS

Name:
Rachel Sachtleben

Hometown:
Lockport, Illinois

Age: 48

Height: 5'7"

Old weight:
273 lb

Occupation:
Emergency-room nurse

Next goal:
“Building muscle. Lifting is my new passion!”

CURRENT WEIGHT
158 lb

Redefining “stunning”

With support from her husband, Rachel Sachtleben went from obese to fit. Now she’s running road races. **By Lara McGlashan, MFA, CPT, Fitness Editor**

➔ For some people, their “aha” moment is a sudden, jolting revelation, but for Rachel Sachtleben, “aha” happens all the time. “I work in an emergency room as a nurse and see the ill effects of obesity every single day,” she says. “But I was in denial as to how overweight I was myself, and I put myself last all the time trying to be a good wife and mother.”

Sachtleben hit her heaviest weight 16 years after the death of her father. “My father was very fit, and we used to work out together playing racquetball,” she says. “He used to encourage me to diet and get in shape and always praised me for how ‘stunning’ (his words) I was when I was fit. He died suddenly when I was 29, and I lost all drive to be stunning again.”

Sachtleben lived on cheeseburgers and fast food, and she regularly ate half a bag of cookies before bed to soothe her soul. Heavy and unhappy, Sachtleben watched her daughter run a 5K, and instead of feeling proud, she felt envy: She herself wanted to be healthy and mobile and knew then she had to change her lifestyle.

Sachtleben simply started by walking her dogs around the block. Day by day, she extended that walk and eventually began walking some local trails. “Before I knew it, I was walking 5 miles three times a week,” she says. Then she was ready to try the gym. “The minute I walked in and smelled the

chlorine from the pool it brought back memories of my dad,” she says. “I knew then that it was OK for me to take this journey without him and that I was ready to define my own version of ‘stunning.’”

Sachtleben took water aerobics, walked on the treadmill and tracked her food with MyFitnessPal, focusing on her macros. The weight began to drop off, and soon she had lost 75 pounds. “I kept my journey to myself until people started noticing the weight loss,” she says. “And even then I never ever called it a diet — I called it a life change.”

One of the hardest parts of her life change was social. “My husband and I mainly went out to eat for our social life and time together,” she says. “I explained my goals, and he supported me. We went to the few places I could eat and went for walks instead of to restaurants. He even built a full gym in our basement for me!”

Two years after beginning her journey, Sachtleben ran her first 5K with her daughter and cried as she crossed the finish line. She has since become an avid road racer and recently ran her fifth 5K, placing ninth in her age group out of 100-plus people. “Two years ago, I could not have run 30 seconds, and this year, I’m training for a half marathon,” she says. “I am 48 and have three kids and a busy career. For all you women out here like me, change is possible at any age, any stage, once you set your mind to it.”

FACTS

Name:
Stacey Beers

Hometown:
Rockford,
Michigan

Age: 39

Height: 5'6"

Old weight:
180+ lb

Occupation:
Blogger

Unexpected bonus:
"My kids and husband are now eating healthy. They fill their plates with asparagus and broccoli and munch on fruit."

CURRENT WEIGHT
135 lb

The food factor

Stacey Beers discovered that you really are what you eat.

By Lara McGlashan, MFA, CPT, Fitness Editor

➔ Last winter, Stacey Beers went for a routine checkup and found that she weighed more than 180 pounds and was now in the obese category for her age and height. "This was not the way I wanted to live my life or the way I wanted my young kids to know me — I was 39 years old and knew there had to be more," Beers says. "My gym was having a 12-week transformation challenge that included full-body training and nutritional counseling, and I immediately signed up."

Beers had always struggled with her weight and remembers even in first grade feeling different from the other kids: Her pants were always tight, and it was a daily struggle to fit in. As an adult, Beers guesstimates that at one point, she was well over 200 pounds, even though she was a pretty avid runner. "I even ran two trail marathons after having my kids," she says. "But that does not mean I was skinny. You can be active and still be overweight, and that was me."

The deciding factor for Beers was food. Yes, she could run 10 miles at a clip, but afterward, she would down a whole bag of tortilla chips and some brownies. To get a handle on her nutrition,

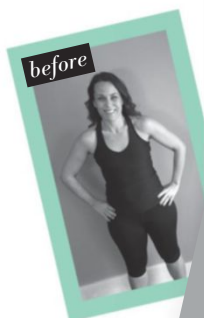
Beers purged her pantry and threw away all the processed junk. Then she started logging her food into MyFitnessPal and read Tosca Reno's books on clean eating cover to cover. Following the eat-clean philosophy, Beers changed her meals so she always had a protein and a carb with every meal and snack, and had three meals and two snacks daily. "Good nutrition is not about restriction," she says. "I am always eating; I just changed my food from brownies and chips to veggies and salsa."

Gymside, Beers was grateful for her trainer. "I was a longtime member of the gym, but I had always felt lost," she admits. "My trainer helped me learn the machines and taught me different exercises to do. He also always held me accountable, which was motivating."

At the end of the 12 weeks, Beers had lost 34 pounds and 11 percent body fat and won the gym's challenge. "They put a life-size poster of me out front, which is a good reminder to keep going," she says. Next, Beers ran her hometown 5K and finished with a time of 21:12, winning her age group. Inspired, she entered a fitness competition in which she placed fourth in masters bikini, fourth in masters fitness model and fifth in the fitness model open. "It was a very emotional day for me," she says. "When you are overweight the majority of your life, you always see yourself that way no matter what your size. After the show, I was able to let go of those feelings and celebrate the new healthy me."

To date, Beers has lost more than 45 pounds, 13 percent body fat and close to 35 inches from all over her body. "My only goals starting out were to be healthy and happy, and a better mother, wife and human being," she says. "I now realize how strong I am. It took a lot of hard work and willpower, but I have finally figured it out." ●

“I now realize how strong I am. It took a lot of hard work and willpower, but I have finally figured it out.”



Subscribe Now!



1 year 12 issues
ONLY \$24.97

That's a \$46 savings off the cover price!

To subscribe call
800-951-2259
or visit

oxygenmag.com/subscribe



PHOTO BY DEBRA MALKIEWICZ

STATS: 45 • 130 LB • 5'5"



PHOTO BY DAVE LAUS

STATS: 24 • 135 LB • 5'6"

● **LIFE LESSONS:** As a teacher and mother of two, Susan Lawrence considered herself too busy to exercise. Then, when she was 40, her daughter was diagnosed with autism at age 2½, while her brother was just 6 months old. Lawrence wanted the best for her children but was neglecting her own well-being. "I was exhausted and depressed," she says. "On a visit with my sister-in-law, we visited her gym, and positive feelings of empowerment came back to me. I knew I needed to take better care of myself." She began going to the gym and running, and now reaps the rewards of her fit lifestyle, as does her family. "I am a better mother now that I am happy and healthy," she says.

● **WEIGHTS AND RUNNING:** Lawrence follows the seasons for training inspiration. "In the fall, I train for half marathons and marathons," she says. "In the spring, I increase my weight training and decrease my running." Her top training move is squats, for how they make her look and also because they help her keep up with her kids. She credits her husband, Bruce Lawrence, with being supportive through all her endeavors.

● **CONSISTENT MEAL:** Breakfast is always the same for Lawrence: a pancake made with four egg whites, ½ cup of oatmeal, 1 tablespoon of flaxseed and a ¼ cup of fruit. "Right now," she says, "I'm putting pumpkin in for the fruit. It tastes like pumpkin pie! So yummy, and it starts my day right."

● **BIG BROTHERS:** Lindsay Greba grew up with two big brothers who competed in bodybuilding, so lifting weights came naturally to her. Then came a serious car accident in 2009 that dislocated her shoulder and fractured her collarbone. "When the doctor cleared me to start training again, my lifts started off really light, which was discouraging," she says. Now she loves heavy shoulder presses. "It's empowering feeling strong."

● **LONG DAYS:** Greba prefers weights over cardio. "I love the way weight training shapes my body. It's like creating my very own sculpture and I get to be the model," she says. She trains after work, which she admits can be a challenge. "In Alberta, the days get shorter, so it's dark when you leave for work and dark when you come home," Greba says. "You just have to do it because you know you will feel amazing after." She trains six days a week. "I'm fortunate that my fiancé, Adam Smith, sees health and fitness as a priority, so it's something we can do together," she says.

● **NUTRITION AMBITION:** "I'm taking a nutrition course and loving it," Greba says. She looks forward to offering nutrition advice to others with similar goals and says one tip she constantly reminds herself of is to drink more water. She admires Kim Dolan Leto's career in the fitness industry. "I see her as a great role model," Greba says.

SUSAN LAWRENCE
Buda, Texas

Gig: Special education teacher

LINDSAY GREBA

Cold Lake, Alberta, Canada

Gig: Human resources coordinator



Think you have the fit factor?

Meet 4 women who've got the fit factor

By Maura Weber

PHOTO BY CHARLIE SURIANO



STATS: 33 • 110 LB • 5'3"

PHOTO BY NOEL DAGANITA



STATS: 34 • 149 LB • 5'10"

● **HELPFUL HUSBAND:** Renee Siljeg says she came to appreciate fitness a little bit later in life. "I was introduced to the gym and working out through my husband, Nick, who has trained in taekwondo for 20 years," she says. "I'm so thankful to my husband for countless reasons, and one is helping to put me on my fitness journey." The couple has two children, and Siljeg says she likes exercising in the mornings when the kids are in school. "I incorporate Pilates, barre, free weights, cycling class, yoga and running into my week. Mixing it up is important to me," she says. "The goal is always optimal health. I adore Pilates because it has taught me to take a holistic approach to fitness."

● **HEALTHY HABITS:** Siljeg's favorite cheat food? "Chocolate, in all its glorious forms!" she says. "I indulge every day, but just a little bit." Her top health food is hummus. She explains what she likes about it: "Guilt-free deliciousness! There are a million different recipes, and it's a great source of protein, healthy fats and fiber." Her top training move is the hundred on the Pilates reformer. "Trust me, it burns," she says.

● **FITNESS PRIORITIES:** A firm grasp on priorities keeps Siljeg on track. "Have a hierarchy to your scheduling and stick to what's on top unquestionably," she says. "Everything else can slip now and then. Being forgiving to yourself makes it easier to pick back up and start again, if need be."

↑
RENEE SILJEG

Perth, Australia

Gig: Pilates instructor

● **FRESH START:** As a student, Sara Sutherland was very active, participating in track and field, softball, volleyball and basketball. But fitness fell by the wayside when she graduated from Northwest Missouri State University and started working. "When I met my husband, Dane, we both lived this crazy lifestyle of traveling for work and dining out all the time," she says. After they were married and Sutherland got back from their honeymoon, she was ready for a change. "I started working with Diana Chaloux-LaCerte to live a healthier and fitter lifestyle," Sutherland says. The change was so rewarding that she switched careers. "I left the corporate world to become a personal trainer so I can help transform others," she says.

● **SWEAT EVERY DAY:** Sutherland's advice is to get up and move. "There is so much debate about the best time of day to work out, when to do cardio vs. strength training, and so on. Forget about all of it and just do it!" she says. "Even if it starts out as just 10 minutes a day."

● **HEAVY LIFTING:** "I love lifting heavy," Sutherland says. "I think some of that goes back to my days throwing shot put. My personal fitness philosophy is to work hard and lift heavy." Now the mother of a toddler, Sutherland has found an effective way to make more time in the day: "We got rid of cable TV," she says. For family time, she enjoys walks with her husband and daughter.

↑
SARA SUTHERLAND

Overland Park, Kansas

Gig: Personal trainer

TURN UP THE HEAT



FRY YOUR BODY FAT

PHENBUTEROL introduces a new development in advanced fat burning technology. New research has identified a unique tissue in the body called brown adipose tissue (BAT) that increases the production of heat, burns calories and helps reduce body fat.

PHENBUTEROL activates BAT by targeting a mitochondrial transport protein called UCP-1 (uncoupling protein 1). UCP-1 stimulates BAT and triggers thermogenesis. When BAT thermogenesis is activated, it uses stored body fat as its preferred energy source, helping you to melt off the pounds.

MuscleMeds
PERFORMANCE TECHNOLOGIES

theVitamin
Shoppe
every body matters™

888.575.7067

MuscleMedsRx.com

© 2015 MuscleMeds. All rights reserved. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, treat or prevent any disease. Your results may vary.

Send your story to futureoffitness@oxygenmag.com.



Go with the grain

Sunwarrior's Classic Plus delivers crucial amino acids from organic vegetarian sources. **By Adam Gonzalez**

➔ Every woman knows what she needs to do to achieve her physique and performance goals: Dig in to challenging workouts and follow each session with a recovery shake that helps you repair lean muscle tissue. But you may not know which product is best for your needs. Likely you've read about the benefits that whey and casein deliver. Yet these protein sources may not be right for you. That's because many of the products that rely on these sources also contain allergens that may negatively affect you, or they include ingredients you choose not to consume.

Sunwarrior Classic Plus delivers pure organic vegetarian protein that's high in crucial amino acids, and it's ideal for supporting recovery and lean muscle mass. Here's more about the protein sources in Classic Plus and how they'll help support your goals and gains.

* Pea protein is high in BCAAs, the most crucial amino acids for growth.

Peas are an amazing vegetable source of protein with an impressive range of amino acids. These aminos include arginine and branched-chain amino acids (leucine, isoleucine and valine), which help fuel workouts when consumed beforehand. Taking in BCAAs after workouts improves recovery by increasing the release of insulin, crucial after training. That's because insulin helps deliver nutrients such as glucose and amino acids to your muscle cells, promoting protein synthesis for faster recovery and increased lean muscle tissue. In addition, BCAAs promote body-fat burning, help slow the aging process and increase your sense of satiety. For the record, pea protein is higher in BCAAs than any other vegetable protein.

* Rice protein provides crucial amino acids and ease of digestion.

Many women have trouble stomaching the harsh chemicals and challenges of whey or casein protein that are contained in many protein products. Classic Plus from Sunwarrior uses brown rice protein as one of its primary sources to avoid these issues. Brown rice protein also provides unique advantages for those seeking to increase lean muscle tissue while shedding body fat. This source of protein is high in lysine, an amino acid associated with fat loss. In addition, brown rice protein is a complete protein, providing the raw materials you need to build and repair muscle tissue, and it's also free of major allergens for those sensitive to other protein sources.

* Old-world grains and seeds provide unique protein benefits.

Sunwarrior Classic Plus also contains the healthful attributes of quinoa, chia and amaranth, old-world agricultural products that are excellent vegetarian protein sources. Quinoa, a gluten-free grain, provides protein, fiber and many other nutrients, including saponins that help improve immune function. Chia seeds are high in soluble and insoluble fiber, and they are rich in antioxidants, which help promote recovery from intense training, illness and other stressors. Amaranth has a similar amino-acid profile to quinoa and phytosterols, antioxidants and natural anti-inflammatories that support growth and recovery.

Plant the seeds for growth

Vegetarian proteins provide many advantages: They're free of dairy and other potential allergens, and they're easier for many to digest. In addition, Sunwarrior Classic Plus contains no chemical additives, deriving all its protein from organic sources. For best results, mix or blend one scoop of Sunwarrior Classic Plus with 10 ounces of water or your favorite beverage. You can consume your shake as a snack or meal, but taking it in before or after workouts will help promote recovery from intense training, allowing you to improve your physique and reach your performance goals. Each serving delivers 17 grams of protein and 3 grams of fiber with no sugars or artificial sweeteners, relying on natural stevia, organic cocoa and other flavors. ●

product talk

ADVERTISING PROMOTION

Shake Up Your Beauty!

Sha-Glam! Superfood Protein & Beauty Boost is a delicious, dairy-free postworkout recovery drink with the amazing beauty benefits of collagen! Each serving has 24 grams of protein from egg white and collagen to get you strong, lean and absolutely glowing!

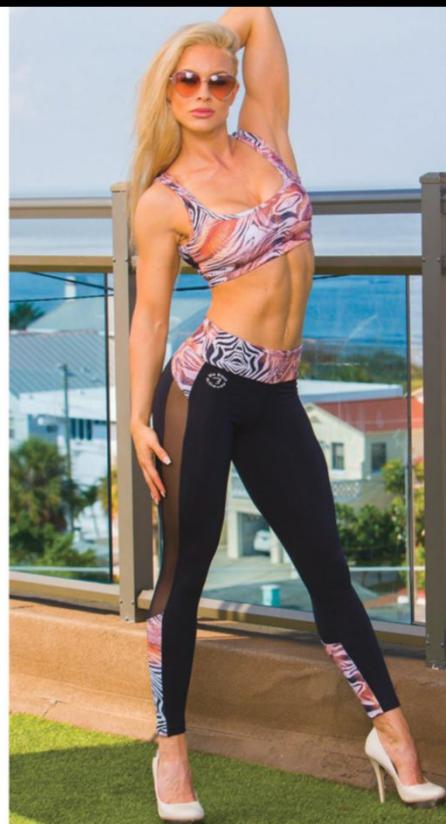
→powerella.com



Body by Brazil Fitness Wear

Haute-cool certified! 1,000s of fitness looks from top Brazilian designers to get you noticed. Made of the highest quality performance fabrics. Worldwide shipping.

→bodybybrazil.com



Otomix Designer Line Nani & Poe!

Zip front metallic top with leather trim

One-of-a-kind zip front top from Otomix designer line Nani & Poe! Rich leopard fabrics are overlayed in metallic inks for a subtle yet sparkling shine. Backside mesh is printed in a velour giraffe pattern. Wear as is or layered over any tank or tee. Includes zip front with pockets and leather trim accents.

→otomix.com



Solgar Full Spec- trum Curcumin

More active. 185x better bioavailability. Faster absorbed.* That's the difference with Solgar Full Spectrum Curcumin. Solgar Full Spectrum Curcumin — one softgel, once a day — 185x better.*

→solgar.com

Shields of Strength

Shields of Strength stainless-steel fitness jewelry is worn by the biggest names in fitness. Jamie Eason, Ronnie Coleman, Amanda Latona, James Ellis, Ana Delia De Iturrondo and many more all wear the weight-plate necklace and dumbbell necklace as a reminder of God's word.

→shieldsofstrength.com



HOTtoHave.com (800) 825-2461



PSYCHIC, MICHAEL LAFFERTY. (215) 482-6517
www.psychicread.com VISA/MC/AMEX/DISC



EPHEd PLUS® MINI-WHITE

EPHEd Plus Mini-White High Energy Pills contain 200mg of high-grade caffeine and 25mg of vitamin C. 200-ct for \$15.00 at dmdpharm.com

Competition Supplies!



Supplements Tanning & Ellie Shoes
Bikini Bite

- Large Inventory & Selection
- Ship to USA, Canada & Military

The leader in supplements and accessories...

USA Bodybuilding.net

THE MATCHMAKER

PRIVATE EXECUTIVE SEARCH

Our company represents an educated, intelligent, serious fitness enthusiast and marathon runner who is looking for a special lady to be his best friend and share his life. He is a compassionate and passionate person who enjoys all life has to offer. He travels extensively and his many and varied interests include architecture, tennis, scuba diving, fashion, dining out, entertaining and good conversation.

Our client would like to meet a classy, attractive, fitness oriented, educated, intelligent, affectionate, active, independent, stylish woman with high morals and old fashioned values. She should be a self-assured, motivated, positive, health conscious, kind and caring person.

Age 30's to early 40's

If you feel our sincere, romantic, giving, positive gentleman matches your criteria for a partner in a loving and lasting relationship, please call or email quoting #10226 for a personal and confidential interview with Ruth Claramunt.



A division of
PURSUIT OF PARTNERS, INC.

To contact Ruth Claramunt for a personal interview call 416-785-4416 or email hearts@idirect.com

#AimFitness

Interested
in
ADVERTISING?

Contact
us NOW!

Laura Flores
661-857-7247

lflores@aimmedia.com

product talk

ADVERTISING PROMOTION



Versa Gripps

Gotta have these!

These are absolutely the best grips in the world. Get girl power in the gym with new Versa Gripps Fit Pink! The same great style is now in super-sexy pink. They are the key to the mind-muscle connection and the secret to a lean and fabulously fit body. Patented Self-Supporting Grip Assist is proven to eliminate grip fatigue while protecting hands from calluses. Train better. Patent # 5813950. versagrips.com 207-422-2051



Gymboss Timer

How long does your 30-minute workout take? You're busy and your time is valuable. A Gymboss interval timer gets you in and out of the gym on time. Perfect for:

- Tabata
- Cardio
- HIIT
- Weightlifting
- Stretching

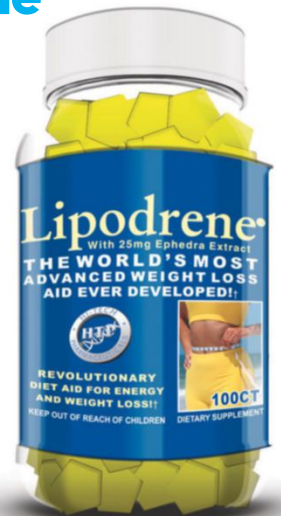
➔ gymboss.com



Lipodrene

Lipodrene has been one of the best-selling weight-loss products of all time for one simple reason: It works! Women have used Lipodrene when needed and come back to it again and again. With proprietary blends of the finest ingredients in safe and effective doses, people repurchase Lipodrene, knowing its ingredients are found in nature and backed by science.

➔ lipodrene.com



GRIPAD®

GET A GRIP ON YOUR WORKOUT



Gripad® provides minimal coverage while maximizing hand protection; Offering firm and comfortable grip while preventing calluses, heat and odor associated with regular workout gloves.

EXCLUSIVE OXYGEN READERS OFFER

15% OFF WITH CODE "GET A GRIP"

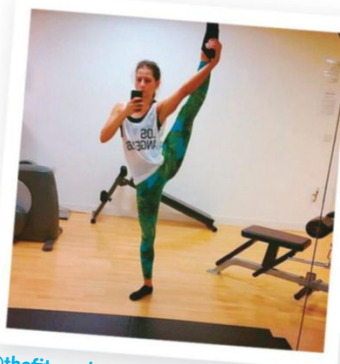
www.gripad.com

oxygenexhale

live • share • inspire



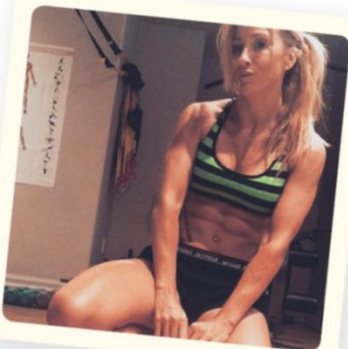
@katmeetskale good eats



@thefitnesslawyer stretch selfie



@littlegotz fruits of my labor



@bodytuner360 quiet reflection

“I have this one life, and I’ll juggle it all and kick butt while I do.”

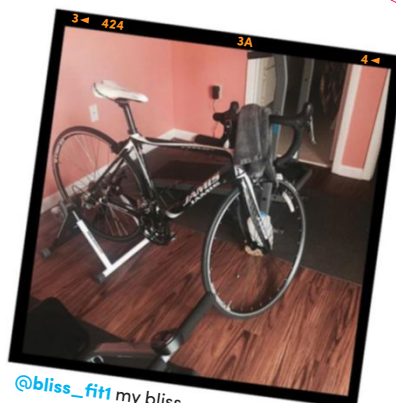
— @eringolden



@marnicmit deadlift determination



@kimberlykimblephotography leaving my mark



@bliss_fit1 my bliss



@eringoldin mom's got abs!

Capture a moment of fitness inspiration in your day and share it with us! We want to know what gives you that moment of joy in fitness. It could be repping out in the gym, a swim in the pool or a quiet moment on your yoga mat after class. Share it with us on Instagram using #oxygenexhale and your photos could be featured in an upcoming issue of Oxygen.

protein perfection

#NoGiiLife

Whey & Quinoa

A unique combination of flavor, taste, and texture for even the fussiest gluten-free palate.



Available at:



Walgreens

Cocoa Chocolate • 170 Calories • Gluten-Free • 7g Fiber • 20g Protein • Probiotics



From Elisabeth Hasselbeck

NoGii.com



THE FINAL STEP

For A Perfectly Lean Body

Do you struggle with shedding those last few pounds to accentuate your perfectly lean physique? All too often, no matter how hard you work out and diet, you just can't seem to lose those last few pounds to highlight your muscle tone and definition. The fact is, most women are storing 5-10 lbs. of excess water, causing them to look soft and bloated. Fortunately, XPEL, the powerful all-natural diuretic, can help you drop water weight fast. It's so effective that within 12 hours, XPEL will begin to shed the excess water weight and reveal your sexy, lean and toned body.

XPEL is the final step in your pursuit of physical perfection.



Your Water Weight Solution

GNC
LIVE WELL

theVitamin
Shopper
every body matters

B
BOOYBULDING.COM

Join Team MHP!

VITAMIN
WORLD

Lucky Vitamin
The Vitamin of Gold for Nutrition and Wellness

RITE
AID



facebook.com/TeamMHP
twitter: @MHPstrong
instagram: mhpstrong

Call Now or Go Online to Order Today!

1.888.783.8844
MHPSTRONG.com

MHP
MAXIMUM HUMAN PERFORMANCE